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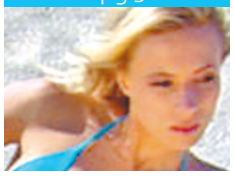

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Grilling up Dad's faves

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KYLE FARQUHARSON/FOR METRO VANCOUVER

David Holtzman, who was beaten along with his partner by two men using gay slurs on the weekend, in front of his downtown townhouse. A study released yesterday by Statistics Canada says Vancouver leads the country in hate crime rates.

Vancouver one of top 2 cities for hate crimes

Crimes related to sexual orientation rising fastest: StatsCan

KYLE FARQUHARSON
for Metro Vancouver

Vancouver and Hamilton, Ont., reported the highest rate of hate crimes of any major Canadian city in 2008, according to a Statistics Canada study released yesterday.

Researchers also found that hate crimes related to sexual orientation increased at a faster rate than those based on race and religion.

"It's really sad. We all need to find a way to live together," said Vancouver resident David Holtzman. He was home yesterday recovering from a savage beating suffered Saturday night by two men who used gay slurs during the attack.

"And the city (of Vancouver) really needs to get its act together in terms of police response (by bringing the perpetrators to justice)."

In all, 34 hate crimes due to sexual orientation were reported by Vancouver police in 2008 — that's 6.3 per 100,000 people. By comparison, Toronto had 43 (5.4 per 100,000) and Montreal eight (one per 100,000).

Holtzman and his partner Peter Regier were beaten after confronting two men urinating outside their downtown townhouse. Both suffered concussions and various other injuries.

"My sympathies and deep concern go out to the two gentlemen who were injured as they approached their home," said Vancouver Mayor Gregor Robertson yesterday. "We cannot tolerate aggression of any kind against members of the (lesbian, gay, bisexual, trans and questioning) community. It is completely unacceptable."

"Even one hate crime is too many," said B.C. NDP Solicitor General critic Mike Farnworth. "Hate-based violence is a serious issue for B.C., and one that demands action from government."

Holtzman said he hopes he won't have to change his habits to protect himself from future attacks.

"I don't want to live in fear," he said.

BTO founder faces sex charge with minor

ABBOTSFORD A founding member of the 1970s rock band Bachman-Turner Overdrive is facing sex-related charges after a string of alleged incidents with a minor.

Tim Bachman, who lives and works in Abbotsford, is accused of offences between 2000 and 2004, starting when a girl was 11 years old.

The guitarist, 58, is charged with sexual interference with a person under 14, touching a young person for a sexual purpose and sexual assault.

Bachman turned himself over to police in early May, a few days after charges were sworn. His lawyer made a first appearance in court on his behalf yesterday.

The investigation began after the girl came forward in March 2009, with police recommending charges a year later, said Abbotsford police Const. Ian MacDonald.

"When youth or children are victimized, there are a lot of factors that go into disclosing," MacDonald said.

Bachman, who played guitar for the band and now works as a realtor, makes his first court appearance on July 5.

THE CANADIAN PRESS

Band

• Bachman-Turner Overdrive is known for the hit songs You Ain't Seen Nothing Yet and Takin' Care of Business. Tim's brother, Randy Bachman, is a member of the Guess Who.

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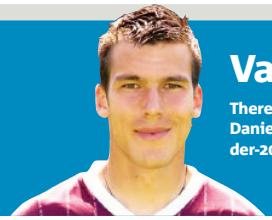

Vancouver product suits up for Portugal

There's a Vancouver connection to the World Cup today. Portugal's third-string goalie, Daniel Fernandes, left, grew up in Vancouver. He played for the Whitecaps and Canada's under-20 team before joining Portugal, which plays the Ivory Coast at 7 this morning.

METRO VANCOUVER

$144M for full-day kindergarten

EDUCATION The provincial government announced yesterday a $144-million investment to implement full-day kindergarten across B.C. in the fall of 2011.

Premier Gordon Campbell said the money will fund 665 new classrooms needed to accommodate five-year-old children.

"These new facilities will help us meet our commitment to ... support children and working families," Campbell said in a release.

The premier and Education Minister Margaret MacDiarmid also announced a six-step action plan that includes 133 new modular classrooms, additions to existing schools, and approximately $10 million to furnish and equip new classrooms.

The funding is in addition to $280 million over three years that had already been announced.

About 40,000 students are expected to enter full-time kindergarten in September 2011.

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JEFF HODSON/METRO VANCOUVER

A smattering of applause from the crowd at Abruzzo Cappuccino Bar on Commercial Drive greets Paraguay's goal during their 1-1 tie with Italy yesterday.

Italy supporters flock to the Drive

SOCCER A small but loud group of Azzurri supporters flocked to Italian cafés on Commercial Drive yesterday to watch as the defending World Cup champions tied Paraguay 1-1 in their opening match.

"We are just at the beginning," said a blue-garbed Alvise De Buzzaccarini, outside Vera's Burger Shack. "We know that Italians are slow starters. It will pick up."

The largest crowd was at Café Roma where blue-clad supporters ate pizza and watched the game. Outside, a trio in blue and white sold jerseys, sunglasses, bracelets and even wigs with the red-white-green Italy flag.

Nick Carnovale and Linden Santorelli, both of Coquitlam, came to the Drive to cheer on Italy.

"We just like watching the games down here," Carnovale said. "Our families lived around here when they were kids and always came down here. They all lived in East Van."

Despite the tie, neither was ready to count the defending champs out.

"We're definitely contenders," Santorelli said.

JEFF HODSON/METRO VANCOUVER

Today's matches

- Commercial Drive should stay hot today with both Brazil and Portugal in action. They play North Korea and Ivory Coast, respectively.

News in brief

DRIVER A Langley police dog chased down and captured a suspected drunk driver who fled from police on foot Saturday morning. The vehicle was driving slowly and with a flat tire. It had driven into yards and light standards.

TRIAL A Surrey judge rejected an application by the defence to have breathalyzer evidence tossed out of court in the case of a woman charged with impaired driving causing death. It was ruled that Carol Berner was not unlawfully detained by police at the scene of the crash that killed a four-year-old girl who was feeding a horse on the side of the road.

METRO NEWS SERVICES

Dunsmuir bike lane seen as step forward

Separated paths among safest: Prof

JEFF HODSON
jeff.hodson@metronews.ca

A separated bike lane that opens on Dunsmuir Street today is a "huge" step in getting people onto bicycles and out of their cars, say cycling advocates in Vancouver.

The two-way bike lane is separated from traffic by a concrete barrier and runs from the Dunsmuir Viaduct to Hornby Street.

Kay Teschke, a University of B.C. professor, said women, people with children and the elderly don't feel safe and are much less likely than young men to jump on bikes to get across town.

According to her research, bike lanes separated by barriers, like the Dunsmuir route, rank in the top three safest for riders.

"To be able to have your transportation be fun, is great," said Teschke. "But to have it be nerve-wracking is not so great."

Council approved the $810,000 bike lane near the end of May. It opens today at the mid-point of bike month.

Eventually, the Dunsmuir route will be connected to a second separated bike route running from the Burrard Street Bridge to the Coal Harbour waterfront.

Arno Schortinghuis, president of the Vancouver Area Cycling Coalition, said perception of safety is the most important factor in getting people on bicycles.

"The barrier makes a lot of difference to a lot of people," he said.

JEFF HODSON/METRO VANCOUVER

A woman cycles along a separated bike path on Dunsmuir Street yesterday. The two-way bike lane officially opens today.

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Kwantlen awards Harcourt honourary degree
Former B.C. premier Michael Harcourt has been awarded an honorary Doctor of Laws degree by Kwantlen Polytechnic University. Harcourt was also mayor of Vancouver and a city councillor. METRO NEWS SERVICES

Cleanup starts after landslide

More than two dozen families in Oliver, B.C., remained away from their homes yesterday as crews began the cleanup following a massive landslide.

The Regional District of Okanagan-Similkameen had planned to allow residents to go home, but with rain in the forecast another slide is possible.

"We still have it in effect because they're trying to secure the upper part of where the mud and the water came from. Once that's secured, we can start resting a little easier," said Dale Kronebusch, emergency services supervisor for the regional district.

No one was hurt but five homes were destroyed when a wall of mud, water and rock swept down Testalinden Creek on Sunday afternoon. Twenty-six properties were evacuated.

Oliver Mayor Pat Hampson said he's been told by the area's MLA that homeowners will receive some provincial government help.

Krista Miller, who watched the wall of mud stream down the slope, said the experience was terrifying. "We're across the valley and it sounded like it was right beside us," she said. "It was so loud. It was cracking, you could hear the rocks rolling, it was brutal."

THE CANADIAN PRESS

DARRYL DYCK/THE CANADIAN PRESS

A local resident reacts as she views the damage caused by a landslide near Oliver in the South Okanagan yesterday.

Woman found dead in park not murdered: RCMP

DEATH A body discovered only blocks from the site of a high-profile unsolved killing in Pacific Spirit Park was not murdered, police said yesterday.

RCMP Sgt. Peter Thiessen said the woman, whose body was discovered at 8:30 p.m. Saturday, has been tentatively identified and investigators have been in touch with her family.

"There is no indication of trauma on this young woman, and I'll stress, the death is not criminal in nature," he said.

The body was found in the bush, about 30 metres from a trail in Pacific Spirit Park. The official cause of her death will be determined by a toxicology report. Thiessen said it would likely fall into one of three categories — accidental, suicide or by natural causes.

Thiessen would not name her, but suggested she had been the subject of a Vancouver police missing person alert at the end of May.

In April 2009, Wendy Ladner-Beaudry was murdered while jogging along a trail near 41st Avenue and Camosun Street.

JEFF HODSON/METRO VANCOUVER

JEFF HODSON/METRO VANCOUVER

RCMP Sgt. Peter Thiessen and Cpl. Dale Carr talk to media at Pacific Spirit Park near UBC yesterday. A body found in the park Saturday night was not a murder victim, police say.

News in brief

HST Opponents of B.C.'s harmonized sales tax say 15 per cent of eligible voters in all 85 provincial ridings have signed their petition to repeal the tax. Fight HST organizer Chris Delaney says his group has gathered more than 653,000 signatures. They need at least 10 per cent of eligible voters in each riding to force a non-binding referendum on the HST. Delaney says even if some signatures are rejected, they now have enough of a buffer to ensure success. The HST has already taken its toll on the governing Liberals, who saw ex-energy minister Blair Lekstrom quit the party last week in protest.

THE CANADIAN PRESS

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New Zealand ships open for tour

Two New Zealand Navy vessels that arrived in North Vancouver yesterday will be open to the public for free tours this Friday from 10 a.m. to 3 p.m. The ships, which are moored at the foot of Lonsdale Avenue, are taking part in the Royal Canadian Navy's International Fleet Review. METRO VANCOUVER

No opt-out for U-Pass?

Post-secondary students looking to opt out of the $30 U-Pass may not have a choice, according to some student associations.

Jordan Harris, student association president at BCIT, said allowing students who don't take transit to opt out remains to be discussed with TransLink.

"We'll have a referendum to see if it is a wanted thing on campus. If it is, it will run like everywhere else, where everyone will be paying," Harris said.

The U-Pass was announced June 9 for all post-secondary students in the Vancouver region.

At $30, it is significantly lower than the roughly $81 some students currently pay for a regular one-zone fare-card. Simon Fraser University and the University of B.C. were the only schools where students paid less for their transit passes.

The $30 per month would be added to tuition fees, but some students say they walk to class.

"(The) $30 a month is pretty expensive for the amount I use transit."
Keanan Kipp

Keanan Kipp lives on campus at BCIT where she studies broadcast journalism. "(The) $30 a month is pretty expensive for the amount I use transit, especially because sometimes I go for up to a week at a time without leaving campus," she said.

Anna Schachner, external co-ordinator with the Douglas College student union, said the U-Pass will benefit the majority of students. "Because it was the students that convinced government to make this announcement, I think it's going to be passed everywhere," she said.

RAGNAR HAAGEN/ FOR METRO VANCOUVER

Former VJ looks to directorial film debut

MOVIES Writer-director Sook-Yin Lee drew inspiration for her first feature-length film from the well of her own experience as a shy, inhibited young girl who fell head-over-heels with a musician.

"The only way that I could express my love," said Lee, "was by getting extremely drunk, falling down both flights of stairs on the way to his place and standing over him, while he was sleeping in bed, and vomiting on him."

Lee's "messy, young-love experience" serves as the germ for her feature directorial debut, Year Of The Carnivore, which opens in Vancouver theatres next Friday.

JEFF HODSON/METRO VANCOUVER

Sook-Yin Lee at a coffee shop in Yaletown. Her feature directorial debut, Year Of The Carnivore, opens Friday.

The film focuses on Sammy Smalls, a doe-eyed grocery-store detective whose love for a busker starts a quest to further her bedroom experience. Her search climaxes with her blackmailing shoplifters in the woods for sex lessons.

Lee, a former MuchMusic VJ and host of CBC's Definitely Not The Opera, said she was interested in telling an inverted love story. "Often love stories don't resemble reality to me — perfect makeup and bed sheets tucked under the arm."

JEFF HODSON/ METRO VANCOUVER

Music too

- Lee, along with Buck 65 and Adam Litovitz, created a concept album as a companion to the film.

UBC contenders to play in robot 'World Cup'

TECHNOLOGY A new team of soccer-playing robots took to the pitch yesterday at the University of B.C.

Bahador Moosavizadeh

The 'bots, which are set to compete in a World Cup of their own next week in Singapore — the RoboCup — link wirelessly to a central CPU. They are capable of reading plays and strategizing free of direct human control.

The game is played with an orange golf ball, on a pitch roughly five metres in length.

"Robotics have come a long way, and the goal is to make robots that can do the things we (humans) want to do better," said Bahador Moosavizadeh, a UBC engineering student.

He said this year's contenders are lighter faster, smarter and more skilled than their predecessors.

KYLE FARQUHARSON/ FOR METRO VANCOUVER

UBC's 2010 Robocup contenders

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Western premiers in town for talks
The premiers of the four Western provinces and three territories will meet in Vancouver today and tomorrow to discuss clean energy, green economy, water and Canada-U.S. relations. METRO VANCOUVER

News in brief

HUMAN TRAFFICKING Asian victims of human trafficking are prevalent in Vancouver, according to a U.S. report released yesterday that says Canada is a source and destination country for traffickers of men, women and children. It says Canadian women and girls, particularly those from aboriginal communities, are found in conditions of commercial sexual exploitation. METRO NEWS SERVICES

Man sues over wrongful cancer diagnosis

COURTS A man who went to hospital with back pain and was treated for spinal cancer is now suing because he never had cancer.

David Meisner's B.C. Supreme Court lawsuit says he went to Surrey Memorial Hospital in June 2008 and just a few weeks later underwent radiation therapy for what doctors said was cancer in his spine.

Six months later Meisner and his family were told he didn't have cancer and in March 2009 he underwent surgery for a fracture and reconstruction in his lower lumbar.

Meisner's lawsuit accuses the B.C. Cancer Agency, his oncologist and several radiation therapists for making the mistake.

The lawsuit claims those who diagnosed him failed to properly test or take an adequate history of his symptoms, and because of that he has permanent injury, loss and damage.

The allegations haven't been proven in court and none of the defendants in the lawsuit have yet filed a statement of defence.

THE CANADIAN PRESS

Ottawa **Message reaches Hill**

TIM WIECLAWSKI/METRO CANADA

Am Johal, chair of the non-profit group Impact on Community Coalition, left, and John Richardson, of the Pivot Legal Society, pitch the red tents given to Vancouver's homeless on Parliament Hill yesterday. A housing rally was held to mark the 75th anniversary of the On To Ottawa Trek. In 1935, during the Great Depression, workers from across Canada travelled to Parliament Hill to protest.

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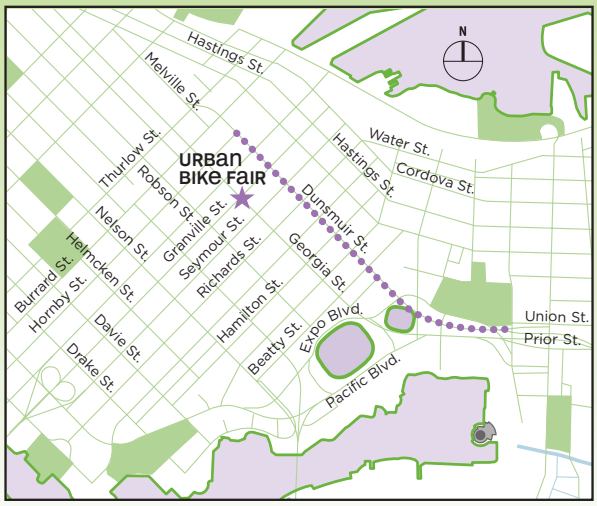

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Transit cop injured in SkyTrain scuffle

RAGNAR HAAGEN
for Metro Vancouver

A transit police officer was injured while she and three colleagues scuffled with a man resisting arrest at Metro-Town SkyTrain station, TransLink said yesterday.

The transit officers approached a man Sunday evening while checking fares. He allegedly gave them a false name. When officers attempt to arrest him for obstruction, the man resisted, Insp. David Hansen said in a release.

"The three Transit Police officers (were) violently pushed down a concrete stairwell by the out-of-control assailant," Hansen said.

The female officer tumbled 15 steps sustaining head, knee, hip and elbow injuries.

One of the other officers suffered a cut and scrapes.

The third officer was uninjured. Both were able to subdue the suspect and complete the arrest.

The injured officer was transported to Burnaby General Hospital by B.C. Ambulance. She was later released and is now recovering at home.

Officers are recommending charges of obstruction of justice, resisting arrest and assault of police officers causing bodily harm.

Hansen said fare checks often lead to further investigations.

"When someone fails to provide proof of their identity or gives a false identity, the situation can often escalate to a more serious level, especially when we encounter violent people," he added.

News in brief

SEAFOOD Loblaws, which runs Real Canadian Superstore and Extra Foods, rolled out a sustainable seafood plan in Richmond yesterday that commits to source all seafood from sustainable sources by the end of 2013.

HONORARY DEGREES Retired RCMP commissioner Beverley Busson and Julio Montaner, director of the B.C. Centre for Excellence in HIV/AIDS, will be among those granted honorary degrees from Simon Fraser University this week.

METRO NEWS SERVICES

Mom faces attempted murder rap in 'honour' crime
A Montreal mother is to be charged with attempted murder after her 19-year-old daughter was hospitalized with stab wounds in what police are calling a "crime of honour." The victim — the eldest of four daughters — has severe head injuries, but her life is not in danger. METRO NEWS SERVICES

Canada

Chinese president sets up short tour

Chinese President Hu Jintao has penciled in a short official visit to Canada prior to the start of the G20 summit in Toronto. The visit, the first by a top Chinese leader since Prime Minister Stephen Harper took power, has not been officially announced, but government sources confirmed Hu is to stop in Ottawa.

TORSTAR NEWS SERVICE

Model blamed for Brit's soccer blunder

Canadian split with English goalkeeper before his shocking blown save against U.S. in World Cup

To the British, she's Elizabeth Minett, the five-foot-10 lingerie model whose memory haunted the goalie whose slippery fingers devastated the England team in the match against the U.S.

To the folks in Guelph and Muskoka, Ont., she's the gorgeous, brainy, globetrotting Lizzie, daughter of dentist Dr. Charles Minett and granddaughter of Manhattan Project scientist Ernest Everet Minett.

"She's not just gorgeous, she's dramatic gorgeous," says a woman who has known her since she was born 23 years ago into a prominent Ontario family.

Minett, who graduated from the University of Waterloo in 2008 with a degree in economics, is "very bright" as well as beautiful, she said, although asking that her name not be used.

Two British tabloid newspapers, the Daily Mail and the Daily Mirror, blamed Minett yesterday for goalie Robert Green's stunning miss on a routine shot that allowed the U.S. to tie in its World Cup match against England on Saturday.

She and Green, 30, met two years ago in Toronto when his West Ham team was touring Canada, the Daily Mail said. They'd lived together in a luxe flat overlooking the Thames on the Isle of Dogs in London until about a month ago, when the relationship ended.

Green's agent Andy Evans was quoted by the Daily Mirror Sunday night as insisting the split has not affected the goalie's focus in South Africa.

He said: "Their relationship was over many months ago. This really is not an issue and Rob has gone into the World Cup prepared mentally and as focused as possible."

Minett herself issued a terse "no comment" yesterday through two of the modelling agencies she works for: Next Models of Toronto and Elite Models, which has offices in Toronto and Miami. Minett is on the roster for the Miami TV division of Elite.

But three months ago, she was happily telling a British tab that she was going to South Africa to cheer Green on and would resort to "French or French-Canadian" to thwart the spies who tried to eavesdrop on the couple.

"They will not be able to understand a thing," she was quoted as saying by the tabloid Daily Star. "Even the French media will not be able to understand.

"I will put the Canadian accent on so strong. That's my plan anyway. I started learning French when I was three and am pretty much fluent. I even have a cousin living in Paris who is married to a Frenchman."

Her big family has deep roots in Ontario. Grandfather Ernest Everet Minett graduated from the University of Toronto and did graduate studies at MIT before working on the Manhattan Project and developing Remington Rand's UNIVAC computer systems. TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE FILE PHOTO

Model Elizabeth Minett is seen in a frame grab from episode 1208 of Get Out! a HDNet show, as seen on the HDNet website.

News in brief

OVERSIGHT The government is creating a new watchdog over the RCMP. The Conservatives originally announced the new oversight agency for the Mounties in March when they tabled their last budget. The budget earmarked $8 million over two years to set up the body to replace the current one. The current oversight body does not have the power to properly probe the Mounties' security activities.

TORSTAR NEWS SERVICE

Canadians feeling the pinch of time management: Study

WORK Every evening after bedtime stories with her three- and six-year-old girls, Toronto mother Monique Ganon returns to her home office to begin her second shift.

"It's hectic," says the self-employed bookkeeper and consummate "multi-tasker" who visits clients two days a week when her children are in daycare.

A new study being released today shows that Canadians — especially women — are caught in a time crunch.

The problem has worsened since 1992, says the Canadian Index of Wellbeing which links economic, health, social, cultural and environmental indicators to Canadians' quality of life.

Today, 20 per cent of Canadians experience high levels of "time crunch" compared to just 16 per cent in 1992, according to the report.

More pressure

- 20 per cent of Canadians experience high levels of time crunch, up from 16 per cent in 1992.

Women are feeling the strain more acutely than men with about 23 per cent reporting high levels of time pressure compared to 17 per cent of men. The report, which looks at time use, leisure and culture trends over the last 15 to 20 years found Canadians struggling to meet the competing demands of a BlackBerry-enabled 24-7 workplace.

TORSTAR NEWS SERVICE

Threat of parliamentary shutdown puts brakes on Tory foot-dragging over Afghan documents.
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New Hampshire looking south, not north, for trade

New Hampshire, a state that borders Quebec, now does more trade with Mexico than it does with Canada. New Hampshire Sen. Jeanne Shaheen said exports to Canada dropped nearly 30 per cent in 2009, while exports to Mexico rose nearly 40 per cent. THE CANADIAN PRESS

Toronto **Getting a-head of the game**

ADRIEN VECZAN/THE CANADIAN PRESS

Frida Eklund of Oxfam Canada shows off the papier mache models of the G8 heads of state, including Prime Minister Stephen Harper, yesterday. U.S. President Barack Obama's ear is chipped, but his and other world leaders' giant papier mache heads have arrived in Canada otherwise intact. Oxfam uses the props for publicity stunts during international meetings, such as the upcoming G8 and G20 summits in Huntsville, Ont., and Toronto later this month.

With pills, it's all in the tilt

STUDY Researchers in Calgary have discovered it doesn't take a spoonful of sugar to make even the biggest pills slide smoothly down tiny throats.

They've found that the secret is all in the tilt of the head.

Bonnie Kaplan studied five different positions people can take to make the medicine go down — staring straight ahead, or looking up, down, to the left or to the right.

Pressure in the throat varies depending on which way the head faces. That means just a little turn can make a big difference in how easy it is to send something down the hatch.

"We swallow with our head straight ahead over 600 times a day. And so asking someone to swallow off-centre is a shock," Kaplan said yesterday. "They're just so disoriented. It feels so weird, they don't like it."

Still, her study showed the straight-ahead method was best for only about a third of adults who tried all five positions.

"That means maybe only a third of us are swallowing the most comfortable position, even when we're good at swallowing pills."

Kaplan says some children in the study were confined to hospital before learning to swallow pills because the only other option was to receive medication intravenously. She said one girl was so terrified of taking pills she'd get physically ill. THE CANADIAN PRESS

The methodology

- Researcher Bonnie Kaplan worked with more than 30 seriously ill children and found that within 14 days all could be taught to take adult-sized pills easily.
- Working with tiny candy at first, she taught them tricks to make the pills slide down, including a "duck shake" of the head that makes a pill move back on the tongue before being swallowed.
- Over time, the candies were increased in size until they were the size of a large adult pill.

Canadian killed by gunmen in Mexico

Friends say it was 43-year-old from Ontario

Friends are confirming a Canadian man has been shot to death by gunmen in Mexico.

They say Kenneth Klowak was killed by armed men after he refused to stop at a road block last Wednesday.

Mexican authorities said yesterday that a Canadian citizen was killed and an American wounded when gunmen attacked an SUV on a highway near the northern Mexico border with Texas.

Prosecutors in Coahuila state said the Canadian man was hit twice by bullets during the incident near Allende, a town south of Piedras Negras, across the border from Eagle Pass, Texas.

Wayne Biegel says 43-year-old Klowak was in Mexico building bike trails for his employer.

He says Klowak, who is from Mansfield, Ont., a town about an hour's drive northwest of Toronto, was an avid biker who constructed trails for his employer in Jamaica for the past two years.

Biegel, from the nearby town of Orangeville, says Klowak was due to visit his parents in Ontario at the end of the month.

"I spoke to him a week and a half ago. He was very happy, he was looking forward to ... coming back to Ontario."
Wayne Biegel, longtime friend

He called his friend of more than 20 years a passive and well-liked gentleman who wouldn't upset anyone.

"I spoke to him a week and a half ago," Biegel said in an interview. "He was very happy, he was looking forward to ... coming back to Ontario."

The Department of Foreign Affairs in Ottawa confirmed it was aware of the death of a Canadian citizen in the region of Piedras Negras, Mexico, but did not release any names.

Spokeswoman Dana Cryderman said a second Canadian citizen who was also part of the group excursion has been reported unharmed.

"Canadian consular officials in Monterrey and Mexico City are working closely with local authorities to gather additional information, and are providing consular assistance to the family," Cryderman said.

"Due to privacy considerations, no further information is available at this time."

Biegel said Klowak and a co-worker were driving through the region when they came across a barricade put up by armed individuals.

According to Biegel, Klowak was chased by the gunmen as he charged through the roadblock but lost control of his vehicle before it rolled into a ditch.

"The gunmen then got out of their vehicle and shot him twice in the head."

Biegel says Klowak's job of building trails had appeared to be a safe one in the past.

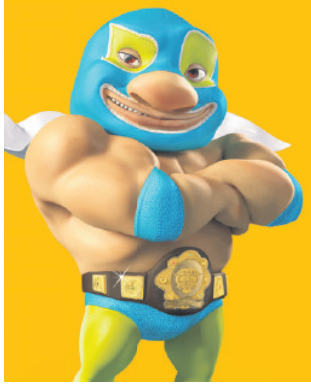
"He never explained any kind of danger to me," he said. "Oh God, it's devastating."

THE CANADIAN PRESS

News in brief

SUMMITS Canada has added climate change to the G8 agenda after coming under pressure from world leaders and environmentalists. A spokesman for Prime Minister Stephen Harper confirmed yesterday that climate change will be on the table at the G8 and G20 summits. Leaders from the European Union, Mexico and the United Nations have been calling on Canada to put climate change on the to-do list when it hosts summits in Huntsville and Toronto this month. Countries are busy negotiating a global-warming pact ahead of the next UN climate summit in Mexico this December. It's hoped that summit will seal a tentative deal reached last year in Copenhagen.

BUS CRASH Police in Switzerland say nine Canadian tourists remain in hospital as a result of a bus crash Saturday. They say the other travellers who were on the bus are now flying back to Canada from Geneva. A spokesman for police in the canton of Valais says he has no further information on what caused the tour bus to go off the road and roll over. Two Canadians — a 71-year-old man and his 67-year-old wife from Ontario — were killed in the crash in southern Switzerland. Their names have not been released. The tour organizer, Jolly Tours and Travel company, refused comment yesterday. THE CANADIAN PRESS



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Single-engine plane crashes in Saskatchewan
A 42-year-old pilot from B.C. has been injured in a crop-dusting accident in northeastern Saskatchewan. RCMP say weather was not a factor when the single-engine aircraft crashed Sunday evening shortly after takeoff. The plane collided with trees and smashed into the east bank of the North Saskatchewan River. THE CANADIAN PRESS

P.E.I. Discussions are at a premium

ANDREW VAUGHAN/THE CANADIAN PRESS

Finance Minister Jim Flaherty fields questions after a meeting with provincial and territorial finance ministers in Lakeside, P.E.I. yesterday. The ministers are working on ways to reform pensions in Canada. Flaherty has proposed a number of initiatives including what he calls a modest and gradual increase in Canada Pension Plan payroll premiums.

Nearly half of Canadians unready to retire: Poll

FINANCES A new survey suggests almost half of Canadians near retirement feel they are not financially prepared to live comfortably after they leave the workforce.

A poll of people over age 45 done for the Canadian Institute of Actuaries found that 42 per cent of respondents indicated they were unprepared for retirement.

The Ipsos Reid survey also found that almost an equal number had not sought any financial advice. That included consulting their banks, financial advisers, a relative or even a book on retirement.

The findings come as Canada's finance ministers meet today at a beach resort in P.E.I. to discuss pension reform.

Federal minister Jim Flaherty has proposed modest increases in Canada Pension Plan payroll premiums that would be phased in over time.

THE CANADIAN PRESS

Women's clinic looks to the past, and future

Niqab defence one example of evolving needs

When Quebec introduced legislation this spring to bar women wearing a niqab, or face veil, from accessing public services, staff from Toronto's Barbra Schlifer legal clinic held a news conference to denounce the move.

Last week, when the case of a Muslim woman claiming childhood sexual abuse was before the Court of Appeal for Ontario because she refused to remove her niqab, the clinic jumped to her defence.

"Telling women that they can't access services or can't speak at a trial about their sexual assault is not going to help them," said Farrah Khan, a counsellor at the clinic.

"It's actually pushing them into further isolation and creating more oppression for women."

Public discussion of violence against women has increased since the clinic opened 25 years ago in the wake of the shocking murder of Toronto lawyer Barbra Schlifer on the evening of her Call to the Bar.

But the context of that violence is constantly evolving, challenging the trail-blazing clinic to address the resulting public fatigue and confusion, said Khan.

"I have been really lucky to work in an agency that has been extremely supportive of us having these discussions around the niqab and its links to the systemic violence that women experience," said Khan, a 30-year-old Muslim and part of a new generation of feminists helping to steer the clinic into the future.

Farrah Khan

Schlifer's murder in April 1980 shook Toronto and ignited a new front in the battle for women's rights, says the clinic's Executive Director Amanda Dale.

It sparked the city's first Take Back the Night march, now an annual event. And it prompted Schlifer's friends to create a commemorative clinic in her name, the first-ever poverty law office to specialize in helping women victims of violence.

Free counselling and legal support for women dealing with domestic assault, childhood sexual abuse and date rape made up the bulk of the work at the small clinic when it opened in 1985.

The clinic's work today is essentially the same. But now almost half of women who have been victims of violence are also seeking help with the immigration system, either as refugees or landed immigrants.

As a result, the clinic has added specially trained interpreters who speak more than 40 languages to ensure these women's stories are told accurately — and unflinchingly — in court.

In other cases, where women are simply too traumatized by the violence that occurred in their home countries, the centre has borrowed the Latin American tradition of using quilts in storytelling to give the women a culturally acceptable way to speak, she said.

Growing and deepening poverty — due to welfare and other social service cuts during the mid-1990s — has also had an impact on the clinic's work.

The clinic, which has 20 staff, including nine counsellors and four lawyers, served 3,600 women last year on a budget of about $2.5 million.

TORSTAR NEWS SERVICE

Are groups keeping quiet for fear of losing government funding?

CASH Some community groups are so fearful of losing scarce government money that they decided to avoid a public forum on the issue on Parliament Hill.

Several high-profile aid agencies have faced funding cuts in recent months and say they are being punished for speaking out against government policies.

But what's also happening, advocates say, is that those who still get money fear to speak in support of those who have been cut off. It's dividing a community that's prided itself on solidarity for decades.

"I tend to be an outspoken public speaker and would never have imagined a time in Canada where I would be reluctant to speak publicly," said one anonymous caller to the Monday forum, organized by Liberal MPs Ken Dryden and Anita Neville.

"This is wrong and this has to stop."
Liberal Leader Michael Ignatieff

"The chill is real and this is a new and sad development in Canadian policy."

Dryden said he knew of at least one other group which flat-out refused to be involved with the forum, because it has a funding application before the government.

Liberal Leader Michael Ignatieff compared the situation to that of Cuba or Bulgaria.

"We're faced with government that has politicized the very process of free discussion in the country between independent NGOs and the government," he said.

"This is wrong and this has to stop."

While fingers were pointed mostly at the Harper government, groups said there has been a steady erosion of government support for the not-for-profit sector over the last few decades.

One speaker also said aid agencies need to be careful about claiming political punishment, because cuts may just be cuts.

THE CANADIAN PRESS

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Boys injured in farm explosion

RCMP say two teenagers have been injured in an explosion on a farm in Saskatchewan. Police say the boys, both 14, were in an outbuilding on a farm south of Melfort on Sunday when an item one of them was working on exploded. They were taken with undetermined injuries to a Melfort hospital. Their names are not being released. THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Former diplomat Richard Colvin testifies at the Military Police Complaints Commission in April. Senior military officials at Canada's overseas command wanted to see diplomat-whistleblower Colvin reined in and possibly removed from his job at the embassy in Kabul, says a memo released yesterday.

Military memo called Colvin a 'liability'

Senior military officials at Canada's overseas command wanted to see diplomat-whistleblower Richard Colvin reined in and possibly removed from his job at the embassy in Kabul.

A toughly worded memo dated May 7, 2007, was released yesterday as part of an inquiry by the military police complaints commission. It painted Colvin as a troublemaker "with a pattern of questionable reporting decisions" whose position as the embassy's No. 2 should be re-evaluated.

It warned he "could become a liability to the Government of Canada's interests if left unchecked."

The memo, penned by a policy adviser at Canadian Expeditionary Force Command, recommended Colvin be reminded of responsibilities as a diplomat and "boundaries as a reporter." It said if he was not checked "his contribution to the Embassy in Kabul should be re-evaluated."

Starting in June 2006, Colvin filed a series of memos critical of Canada's policy in handing suspected Taliban prisoners over to Afghan authorities. He has testified his repeated warnings about possible torture were ignored.

The memos evidently got under the skin of Defence Department officials, who accused him of reporting "highly sensitive" operational details, expressing personal opinion without prior consultation and offering "unqualified criticism of Canadian Forces leadership decisions."

Gabrielle Duschner, a former senior policy advisor at the overseas command, said she disagreed with the report's conclusions.

She told the commission hearing there was a general awareness and concern about the treatment of prisoners in Afghan jails prior to April 2007.

THE CANADIAN PRESS

U.S. Supreme Court rejects Arar's appeal

RENDITION Maher Arar's bid to hold U.S. officials legally accountable for his yearlong ordeal in a Syrian prison reached a dead end yesterday when the U.S. Supreme Court summarily rejected his final appeal.

Arar, a Syrian-born Canadian citizen who in 2002 learned first-hand about controversial American rendition practices, had been seeking the right to sue a number of top U.S. officials, including former attorney general John Ashcroft.

As is standard practice, the court offered no explanation for its decision, which Arar had to admit marked the end of his last line of legal recourse in the U.S.

Maher Arar

The decision "eliminates my last bit of hope in the judicial system of the United States," he acknowledged in a statement.

Arar, a Syrian-born Canadian citizen, was detained in New York by U.S. immigration agents on Sept. 26, 2002.

In accordance with a policy allowing officials to deport suspected terrorists to foreign countries, U.S. immigration agents determined that he could be legally sent to Canada, Syria or Switzerland.

He was eventually deported to Syria. From the grave-like cell where he was held and tortured for nearly a year, Arar gave made-up confessions to Syrian military intelligence officers about supposed involvement with Osama bin Laden's al-Qaida network.

"It's a huge disappointment for all of us, really," said Maria LaHood of the New York-based Center for Constitutional Rights.

"We've been working on the case for six years, for Maher it's been eight years since it happened, and he's been seeking justice steadfastly ever since."

THE CANADIAN PRESS

University suspends football over steroids

INVESTIGATION Ontario's University of Waterloo has suspended its football program for a year in the wake of a steroids scandal called the "most significant" in Canadian university sports history.

The doping revelations stem from the spring arrest of Warriors receiver Nathan Zettler for possession and trafficking of anabolic steroids.

That prompted the school to order the entire team be tested.

> **"The volume of positive tests is unprecedented in our history."**
> Marg McGregor, head of CIS

From the 62 urine samples collected, the Canadian Centre for Ethics in Sport (CCES) reported nine potential anti-doping infractions. They included four admissions of use, three positive tests and one refused test. A ninth case is pending additional police investigation.

The Warriors posted a 3-5 record last year to finish tied for sixth on points with Guelph in the 10-team OUA standings. They didn't make the playoffs.

"There's no question that this has been an eye-opener," said Marg McGregor, CEO of Canadian Interuniversity Sport. "The volume of positive tests is unprecedented in our history, so absolutely, it has given us pause to reflect and to take a good, hard look at what's in place."

Head coach Dennis McPhee and assistant Marshall Bingeman are being placed on paid leave from football duties while the university conducts a full review.

THE CANADIAN PRESS

Ottawa offers bonuses for cost saving ideas

BUDGET The federal government is hoping to kickstart its cost-cutting campaign by offering cash to bureaucrats who find ways to save money.

Treasury Board President Stockwell Day has been asked to find $1.7 billion in savings this year to trim a record deficit that's forecast to be over $50 billion.

Day said public servants who come up with practical ideas that lead to measurable savings will be rewarded with incentives worth 10 per cent of the savings in the first full year of implementation.

"It's acknowledging that the people on the front lines are working hard every day on the job — they are the ones who may have the ideas that everybody else is missing," he said.

The rewards will be capped at $10,000 apiece.

Day called the program a win-win for government workers and for taxpayers. He said similar programs in the United States and Canada have been highly successful, including one he implemented in Alberta when he was in government there.

New Democrat MP Paul Dewar said he applauded the idea of engaging the public service, but questioned the need for bonuses. "These innovations shouldn't require prize money," he said. "It should be what governments do and should be co-ordinated from the top."

THE CANADIAN PRESS

Teen sailor grateful for rescue
The California teenager who was plucked from her disabled sailboat in the turbulent southern Indian Ocean says she is in awe of the effort to rescue her and thought it might take much longer before she was saved. A French fishing vessel rescued Abby Sunderland more than 3,220 kilometres west of Australia on Saturday. THE ASSOCIATED PRESS

World

FBI docs show Kennedy death threats

Previously secret FBI records released yesterday show there were death threats against then senator Edward Kennedy, even five years after his failed 1980 White House bid. The documents showed that on May 23, 1985, the U.S. Capitol Police passed onto the FBI a copy of a letter sent to the Secret Service, ostensibly by a Warren, Mich., resident. The sender, whose name was redacted, declared: "Brass tacks, I'm gonna kill Kennedy and (President Ronald) Reagan, and I really mean it." THE ASSOCIATED PRESS

Find could alter course of Afghanistan's future

U.S. geologists have discovered vast mineral wealth in Afghanistan, possibly amounting to $1 trillion, President Hamid Karzai's spokesman said yesterday.

Waheed Omar told reporters the findings were made by the U.S. Geological Survey under contract to the Afghan government.

"The result of the survey ... has shown that Afghanistan has mineral resources worth $1 trillion," Omar said. "This is not an overall survey of all minerals in Afghanistan. Whatever has been found in this survey is worth $1 trillion."

"There is stunning potential here. There are a lot of ifs, of course, but I think potentially it is hugely significant."
U.S. Gen. David Petraeus on the deposits

The New York Times reported the $1 trillion figure in yesterday's edition and quoted senior American officials as saying untapped mineral deposits in Afghanistan are far beyond any previously known reserves and were enough to fundamentally alter the Afghan economy and perhaps the Afghan war itself.

A 2007 report by the USGS said most of the data on Afghanistan's mineral resources was produced between the early 1950s and 1985, but much was hidden and protected by Afghan scientists "during the intermittent conflict over the next two decades."

Americans discovered nearly $1 trillion in untapped mineral deposits, including iron, copper, cobalt, gold and critical industrial metals like lithium, according to the report. The Times quoted a Pentagon memo as saying Afghanistan could become the "Saudi Arabia of lithium," a key raw material in the manufacture of batteries for laptops and cellphones.

"There is stunning potential here," the paper quoted Gen. David Petraeus, commander of the United States Central Command as saying.

"There are a lot of ifs, of course, but I think potentially it is hugely significant."

THE ASSOCIATED PRESS

FARUK AKKAN/THE ASSOCIATED PRESS

Uzbek refugees wait to cross the border from Kyrgyzstan into Uzbekistan yesterday.

Poll: Irish cardinal should resign

IRELAND A poll shows a strong majority of Irish people want the Catholic Church's leader in Ireland to resign because he helped shield a notorious child-abusing priest from the law. The Irish Times newspaper says 76 per cent of those polled want Cardinal Sean Brady to resign because he admitted taking secret depositions in 1975 from two children abused by the Rev. Brendan Smyth.

Brady provided his reports to his church superiors but not the police. Smyth raped scores more children in Ireland and the United States before being imprisoned in Northern Ireland in 1994. Smyth died in prison three years later.

THE ASSOCIATED PRESS

Malaysia bans small cigarette packs

TOBACCO Malaysia began enforcing a ban on small cigarette packets, the health minister said yesterday, after a short-lived postponement of the move caused a tobacco company to threaten legal action.

The ban on the sale of packets containing fewer than 20 cigarettes took effect June 2, Health Minister Liow Tiong Lai said. The ministry announced last month it would be pushed back by six months until January next year.

The government had planned the ban as part of efforts to curb smoking among young Malaysians who consider smaller cigarette packs more affordable.

The cabinet decided in a meeting last week to uphold the ban following the "response from the public," Liow said.

"We listen to all quarters," Liow told The Associated Press.

"The decision (to ban small packets) was made five years ago, and the manufacturing companies already complied. They are ready."

Authorities previously said they feared the ban would spark a surge in demand for illegally produced cigarettes. The planned delay sparked complaints by the Malaysian affiliate of Philip Morris International, which exhausted its inventory of small cigarette packets in anticipation that the ban would take effect June 1.

The tobacco giant warned it would consider measures including legal action to recover losses, and claimed the move would hurt foreign investor confidence in the government's transparency.

THE ASSOCIATED PRESS

A wife puts a hit on her husband, but still gets half of everything in the divorce. What's wrong with this picture?
Scan code for more.
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Tales of horror from Uzbek refugees

KYRGYZSTAN Standing behind barbed wire with other Uzbek refugees, the woman tearfully raised her hands in a Muslim prayer yesterday for her dead husband.

She had left his body at their burned-down house in southern Kyrgyzstan while fleeing ethnic riots that reduced much of a major city to ruins. She is among tens of thousands of minority Uzbeks who have fled the deadliest violence Kyrgyzstan has seen since the two ethnic groups fought over land 20 years ago as Moscow lost its grip on the former Soviet republic in Central Asia.

Officials said 138 people were killed and nearly 1,800 wounded since the violence began last week, but an Uzbek community leader said at least 200 Uzbeks had already been buried, and many bodies had not been recovered from charred homes and businesses.

Uzbekistan hastily set up camps to handle the flood of refugees, most of them women, children and the elderly. They were hungry and frightened, with accounts of Uzbek girls being raped and Kyrgyz snipers shooting at them as they rushed to the border. Aid workers said many had suffered gunshot wounds.

THE ASSOCIATED PRESS

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Thai judge gives police 3 days to probe detention

A Thai judge gave police yesterday three more days to investigate two foreigners detained nearly a month for allegedly violating an emergency decree during bloody, anti-government protests. Briton Jeff Savage and Australian Conor Purcell are being held for their alleged roles in street clashes. THE ASSOCIATED PRESS

Dozens dead after prison riot

MEXICO At least 29 inmates were killed yesterday as rival gangs clashed inside a prison in a cartel-plagued Mexican state, authorities said. Three policemen guarding the prison were wounded. In one attack, 20 inmates were shot to death when a group of prisoners opened fire on members of a rival gang inside the prison in Mazatlan, Sinaloa, state Public Safety Secretary Josefina Garcia told Radio Formula. One of the three wounded police was in serious condition, Garcia said. The gang that initiated the attack killed 17 rivals and lost three of its own members. Authorities said the killings were all at the hands of other prisoners. THE ASSOCIATED PRESS

News in brief

SPAIN Barcelona said yesterday it will ban face-covering Islamic veils in municipal buildings, the latest Spanish city hall to crack down on such garments. Mayor Jordi Hereu insisted the measure was not anti-religious, saying it was aimed at all dress that impeded identification, including motorcycle helmets. THE ASSOCIATED PRESS

Northern Ireland **Belated report**

PETER MORRISON/THE ASSOCIATED PRESS

Children play in front of a mural of shooting victim Jackie Duddy during Bloody Sunday, 1972, in Londonderry, Northern Ireland, yesterday. The atrocity where British soldiers gunned down 13 Catholic demonstrators in bitterly disputed circumstances, faces a moment of truth today when a 5,000-page, $290-million US report is finally unveiled.

Obama, BP nearing deal on victim fund

U.S. President Barack Obama assured Gulf residents and businesses yesterday the region's beaches will be restored to their "pristine condition," promising the full force of his government to require BP to quickly pay damage claims.

Obama also told the country that seafood from the region remained safe and implored tourists not to cancel visits to the Gulf coast where many of the famous white beaches remain untouched.

But oil from the blown out BP well is spoiling significant parts of the shoreline and already has penetrated into critical marshlands, threatening breeding grounds for wildlife, waterfowl and sea creatures — in particular shrimp and oysters.

"I can't promise folks here in Theordore or across the Gulf that this oil will be cleaned up overnight," the president said. Yet he offered assurances that the "full resources of our government are being mobilized to confront this disaster."

Shortly before he began his tour of the region, spokesman Bill Burton told reporters with the president that the administration and BP were "working out the particulars" of Obama's demand that the oil giant set up a multibillion-dollar, independently run damage fund.

Burton said the account would be in the hands of a third-party and would amount to "billions of dollars."

"We're confident that this is a critical way in which we're going to be able to help individuals and businesses in the Gulf area become whole again," he said.

On his fourth visit to the region, Obama was determined to assert leadership in face of the calamity, with the White House showing the president using all the power available to him to stem the continuing flood of oil into the Gulf and extract compensation from BP for victims of the tragedy.

Obama's first stop yesterday was a briefing at a U.S. Coast Guard station here on Mississippi's coast, where he said that the two days in the region would help him prepare for tomorrow's showdown with BP. In particular, Obama said there continues to be problems with claims for damages and with effective co-ordination.

THE ASSOCIATED PRESS

Oval Office address tonight

- Obama's latest two-day visit to Mississippi, Alabama and Florida precedes his first-ever Oval Office address on national television tonight and his first face-to-face meetings with BP executives tomorrow.

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INCLUDES all air, 5 nights Waikiki accom & 5 nights Lahaina accom.

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INCLUDES cruise from Vancouver to Los Angeles, 3 nights accom near Disneyland Resort & air to Vancouver.

Las Vegas Air + 3 Nights + 3-Night Cruise from $629 + taxes & fees $79
INCLUDES cruise from Vancouver to Los Angeles, air to Las Vegas, 3 nights Las Vegas accom & air to Vancouver.

Europe Vacations

London Air + 7 Nights from $799 + taxes & fees $474
INCLUDES central accom with breakfast.

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INCLUDES central accom with breakfast.

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Cabbie returns left-behind cash

A Vietnamese man who was driving a taxi cab in which a passenger left a bag containing about $26,500 returned the bag unopened. THE CANADIAN PRESS

Space In the spirit of co-operation

SERGEY PONOMAREV/THE ASSOCIATED PRESS

Russian cosmonaut Fyodor Yurchikhin, centre, and U.S. astronauts Shannon Walker, right, and Doug Wheelock, left, shake hands yesterday after a news conference at the Russian-leased Baikonur Cosmodrome in Baikonur, Kazakhstan. The three are scheduled to blast off on a mission to the International Space Station on Wednesday.

Rare tortoises rescued

Tortoises may move slowly, but even the tiniest movement can be a lifesaver.

Customs staff at Malaysia's Kuala Lumpur International Airport noticed something stirring in two bags and discovered 300 tortoises hidden amid shredded paper.

Found taped up inside the sacks were 285 radiated tortoises, 15 spider tortoises, and one Madagascar tortoise — all endangered species indigenous to Madagascar, said Loo Kean Seong, a senior official of the Department of Wildlife and National Parks.

Two slabs of cannabis weighing about 2 kilograms were also discovered, said Nordin Kadir, narcotics chief of central Selangor state, where the airport is located.

THE ASSOCIATED PRESS

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Comment

Close-knit community

Cancer survivors reach out to help those battling disease

Lance Armstrong

As I packed my bags for the Tour de France, I included a necklace that I've worn every Tour since 1999. It reminds me of a friend who helped me beat cancer and start my true mission in life — the fight against this disease.

In January 1997, Stacy Pounds helped me launch my foundation, just as I was completing my own cancer treatment. That same month, Stacy, a heavy smoker, was diagnosed with incurable lung cancer.

All of us who knew her were devastated. My mother gave me two crucifixes. I wore one and gave the other to Stacy. I said, "This is going to be our bond. You wear it when you're being treated or whenever you want. And I'll wear mine forever." We wore them as symbols of our cancer kinship.

"When the Tour (de France) starts July 3, I will put my necklace on. I will ride for Stacy and the 28 million people around the world living with cancer today."

Stacy deteriorated quickly. The doctor told us she only had a matter of weeks to live.

Stacy's son, Paul, was a sailor serving with the U.S. navy at sea. We called Charles Boyd, the only four-star general I knew, for help in getting Paul home to see his mother. "Lance," he said, "I lost my wife two years ago to cancer. I'll see what I can do." The next day, Paul was on his way home. That's what the term "cancer community" means.

At the same time, Stacy went into a nursing home. "I'm in pain and the nurses don't bring me my pain medicine," she said. We took her home and hired a full-time hospice nurse to take care of her.

Her son arrived and Stacy spent her remaining days at home with him. On Oct. 2, 1997, I celebrated the one-year anniversary of my cancer diagnosis. On Oct. 3, 1997, Stacy died. She was buried with her cross.

When the Tour starts July 3, I will put my necklace on. I will ride for Stacy and the 28 million people around the world living with cancer today.

Lance Armstrong has won the Tour de France a record seven times. He's the founder of cancer support organization Livestrong.

MICHAEL DE ADDER

Views

Warning: Don't lose face over Facebook

InStep

Christine Williams

Summer months are upon us with revellers out in full swing. Pictures get taken, then enthusiastically posted on Facebook to proudly share the carousals with other friends.

Facebook is a cogent social-building network, but this club isn't exclusive. It's not only friends that are privy to lewd postings. It could be your employer. But this is only one scenario. There are many others, which demonstrate that people can be under the false impression of being entitled to do as they please when it comes to their private life without consequences.

The operative word is "private." Facebook is not private even though it may feel that way. As a result, you may find out the hard way by getting fired, having your reputation for future employment tarnished; and if your case makes the news, you're now a hit item when Googled.

Some cases that highlight this:

A few weeks ago, a North Carolina waitress working at a pizza joint ranted on Facebook about a couple of bad tippers who stayed for three hours, forcing her to remain long past the end of her shift. The 22-year-old wrote on Facebook afterwards: "Thanks for eating at Brixx ... you cheap piece of s—camper." Her boss cited the company policy about criticizing customers when he called her in. He also pointed out that she had cast the restaurant in a negative light.

In another recent case, a 29-year-old Quebec woman on long-term sick leave from IBM was reported to be fighting to have her disability benefits reinstated after her employer's insurance company cut them because of photos she posted on Facebook. She was diagnosed with depression. Photos posted on Facebook included her living it up at a bar show, her birthday party and on a sun holiday. This was taken to be evidence that she was no longer depressed.

In the U.S., a Catholic teacher was fired for posting teachings on Facebook regarding atheism that were deemed contrary to the church and the job contract.

These are a few cases that represent a growing number where technology is becoming more detrimental, yet we can't blame it. Technology is a prodigious asset when used with common sense and decorum.

This summer and beyond, a word to the wise: Beware about destroying your face with Facebook. With the click of a button, virtually anyone can find out anything from your sexual preference to exactly what you've been up to on a hot weekend — and more companies are snooping.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Worth mentioning

Space probe may provide clues to solar system creation

A team of scientists flew to the Australian Outback yesterday and recovered a Japanese space capsule they hope contains asteroid samples providing clues into the evolution of the solar system.

The Hayabusa explorer returned to Earth overnight after a seven-year, six-billion-kilometre journey, burning apart on re-entry in a spectacular fireball just after jettisoning the capsule. It was the first time a spacecraft successfully landed on an asteroid and returned to Earth.

The capsule will return to Japan before scientists discover whether it carries any asteroid dust in its sample canister.

The Japanese space agency said the aim of the $200-million project was to understand the origin and evolution of the solar system, as well as paving the way for future sample return missions.

Scientists hope to study how and when the asteroid was formed, its physical properties, what other bodies it may have been in contact with, and how solar wind and radiation have affected it. THE ASSOCIATED PRESS

Quote of the Day

"I tend to be an outspoken public speaker and would never have imagined a time in Canada where I would be reluctant to speak publicly. The chill is real and this is a new and sad development in Canadian policy."

— AN ANONYMOUS CALLER TO A PUBLIC FORUM ORGANIZED YESTERDAY BY LIBERAL MPS KEN DRYDEN AND ANITA NEVILLE. SOME COMMUNITY GROUPS ARE FEARFUL OF LOSING SCARCE GOVERNMENT MONEY AFTER SEVERAL HIGH-PROFILE AID AGENCIES HAVE FACED FUNDING CUTS IN RECENT MONTHS AND SAY THEY ARE BEING PUNISHED FOR SPEAKING OUT AGAINST GOVERNMENT POLICIES. THE CANADIAN PRESS

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Olympics pg6

Champion stay-at-home dad

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Gift Guide pg4

Great gift ideas for dad

Celebrating Father's Day

It's time spent together that really counts

Tickets to the Stanley Cup final? A Porsche for the day or golf and a steak dinner?

Many dads say it's much simpler than that.

For Doug Davis, 52, runny eggs and burnt toast do the trick. "My kids would trip all over each other running upstairs with the breakfast they made," the Aurora, Ontario dad recalls. "They'd wait for me to take the first bite, anticipation on their faces as if they'd done something magnificent – which they had. Then they'd hand me their homemade cards. Those special moments in life bind you."

Shelley Cinnamon makes the day special for her dad in Edmonton with simple conversation. "He's 92 and has dementia," she says. "We get him talking about growing up on his Saskatchewan farm. I find out how Dad became Dad… and how he got the values and beliefs that he passed on to me."

Karen McLennan's dad passed away at 53, but she has fond memories as a little girl, caddying a Father's Day golf game in Toronto and talking about "everything under the sun".

One special year, Maureen Barrett biked with her father to a strawberry patch in rural Ontario. But they got lost taking a shortcut home and "the strawberries were mush and dripping all over when we finally got there. We laughed about it for years."

Dr. Zane Zarzour, of Victoria B.C., will always remember the Father's Day he was 12 and won a gift for his dad. He'd had a running wager with the neighbour: if he beat the man at basketball, Zane would get tickets to a baseball game; if he lost, he'd have to do the man's chores. Of course he always lost, and got stuck cutting his grass and cleaning out the garage. "One day, I finally beat him, and I got to treat Dad to a game. I was incredibly proud."

Anne Stuart, 78, remembers a different kind of Father's Day. Her dad took immense pride in the flowers he planted on a boulevard in Stratford, Ontario. It was town land, but he'd made it his garden, watering with a tin can every night. Anne marked a recent Father's Day by having a stone marker placed on the still-blossoming garden, its words recalling a man who poured his heart into a patch of ground. "It's like there's a bit of my father still there."

KIM ZARZOUR

Parental leave

- In 2007, 27% of eligible men filed for parental leave benefits compared to 3% in 2001. Much of the increase took place in Quebec where fathers can take five weeks of leave, which cannot be transferred to the mother. In Quebec, 56% of fathers took paid parental leave in 2006. In the rest of Canada the rate was 10%.

FATHER INVOLVEMENT RESEARCH ALLIANCE

A salute to Canadian dads

P&G We think Canadian dads are superheroes – and we bet you do too. So Metro is pleased to partner with Procter and Gamble to bring you this celebration of Canadian dads, complete with words of wisdom, inspired gift ideas and heartfelt musings on the meaning of fatherhood.

From us to you: a salute to all the men who have made a difference in your life – your dad, stepdad, granddad, uncle or big brother!

Happy Father's Day.

Top TV Dads pg 3

Take a look at TV's zaniest fathers of the past 25 years

Father's Day is 100 years old

ORIGIN Barbecue aprons and garden tools, computer bags and golf shirts seem to be what Father's Day is all about. Actually, Father's Day is 100 years old this year – and 1910 was long before BBQs and computers.

The Father's Day idea took root in 1909 in Spokane, Washington. Sonora Smart Dodd, listening in church to a sermon about Mother's Day, felt that fathers needed recognition as well – not surprising since her own dad, William Smart, a Civil War veteran, raised his family alone after his wife died giving birth to their sixth child. Dodd's ministry liked her idea and on June 19, 1910, the first Father's Day was celebrated. Now 56 countries celebrate dads on the third Sunday in June.

David Schatzky, a Toronto therapist, says fathers have more than earned their day of celebration. Schatzky notes that fathers are much more involved both practically and emotionally in their children's lives than they once were. And dads want that involvement.

"Fathers are feeling that one of the payoffs of being involved in the lives of their children is the emotional satisfaction it brings." It's a winning combination. "Fathers who show appreciation and support," says Schatzky, "give children confidence and a sense of security." And that's worth celebrating.

GILDA SWARTZ

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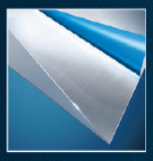

Gillette® Fusion® ProGlide™ has re-engineered blades with edges that are thinner than Gillette® Fusion.® They're finished with Gillette's most advanced low-resistance coating which allows the blades to glide effortlessly through hair. Together, that means less tug and pull on hair versus Gillette® Fusion.® It's an incredibly comfortable shave, even if you shave every day.

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[1]Leading blades vs. Fusion.®

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[2]Compared to Fusion.® [3]Of consumers with a preference.

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Dads and housework

In 1986, the average mother did 2.2 hours more housework per day than fathers (3.3 vs. 1.1 hours).
In 2005, the difference had decreased to 1.3 hours (2.8 vs. 1.5 hours). **FATHER INVOLVEMENT RESEARCH ALLIANCE**

Trendwatch

Beyond the shower and shave

These days, more and more men are spending time, energy and money on the sort of look good strategies women have always considered essential: a good hair cut and colour, age-defying skin care and the occasional trip to the spa.

"Men are definitely playing more with their appearance," says Greg May of Greg May Hair Architects, Toronto. "It's not like they just shave every day and that's it."

Today's hip haircut is a classic 1940s Cary Grant style with a deep side part or hair combed right back, says May. He also gets requests for loose texturing, side-swept fringes, "under cutting" with hair cut shorter underneath, and as summer approaches, more military cuts.

Men have been colouring their locks to disguise the gray for some time, but a new trend, even among young guys, is silver hair. "It could be a throw-back to the 1980s Billy Idol platinum blonde look," says May. Instead of highlights, men are opting for hair painting, a technique that uses a brush to paint on a lightener and requires no heat or foils. "It makes a man look sun-kissed, like he's been to Cuba for a week," notes May.

As for facial hair, men are experimenting with goatees (traditionally just hair on the chin). "They may shave off the moustache and just keep that soul patch (the strip of hair under the bottom lip), maybe with a little beard underneath," says May. They're also more conscious of their sideburns, adds May. "Guys are starting to realize that cutting sideburns on a downward angle actually lengthens the face."

"They see all the advantages of caring for their skin, of cleansing and moisturizing and massaging."
Greg May, Greg May Hair Architects

Hair isn't men's only esthetic priority; skin care is high on their list too. At first, a guy may have to be dragged into the spa - often for a facial just before his wedding, says Alana Jestadt, manager of Pure+Simple, a spa in Toronto's Yorkville.

But these men often return on their own for facials, blackhead extractions, massages, masks, brow waxing, and IPL (intense pulsed light) treatments to remove chest and back hair, she says.

"They see all the advantages of caring for their skin, of cleansing and moisturizing and massaging, so they end up buying unscented products like shaving cream, cleansers, toners and serums," says Jestadt. "It makes them look and feel better."

PAULINE ANDERSON

TV WISE GUYS

TV Looking for some pantheons of paternity to light the way this Father's day? Here are five of television's zaniest fathers of the past 25 years with their pearls of wisdom:

1 Dr. Heathcliff Huxtable, The Cosby Show (1984-1992)

"I am your father. I brought you into this world, and I will take you out!"

2 Dan Conner, Roseanne (1988-1997)

"Hey, if you don't finish your crud, you're not going to get any crap for dessert."

3 Homer Simpson, The Simpsons (1989-Present)

"Kids, you tried your best and you failed miserably. The lesson is: Never try."

4 Red Foreman, That '70s Show (1998-2008)

"Son... there's something you should know... you're an idiot."

5 Bernie McCullough, The Bernie Mac Show (2001-2006)

"I would like to give these kids a good home. In fact, there's one a few miles away from here..."

Baby ... oh baby!

- 55% of fathers take time off from work around the time their children are born - 21% use vacation days and 11% take unpaid leave.

FATHER INVOLVEMENT RESEARCH ALLIANCE

Lessons from my father

LESSON My father was an expert in electron microscopy and was used to probing the secrets of the very, very small. If a family discussion became heated, he would roll up a magazine and observe the speakers, as if through a microscope. It was his way of gaining perspective. It also had the effect of stopping any argument.

And it taught me that what you see is often not what you get.

Atoms didn't really look like the drawings in the text book he told me. More like swarms of bees maybe. "What colour? We don't really know. Let's say red and white." For years I lived with a mental picture of atoms as swarms of red and white bees. Who knows? Maybe they are.

He speculated that many of the world's ills came from not seeing clearly. "We're all the blind men with the elephant. We don't see the whole, or we get the wrong perspective." He had a pocket microscope, which he often used. "Look at this fly," he said, passing me the microscope. "A hideous monster, right? See one crawling up your window and it's just a little black dot. So which is the real fly?"

Once, in the country, he turned us loose at the edge of a beautiful green field. We began to run across it – and blundered into a minefield of fresh cow pies. When we came back, smelly and bespattered, he just grinned. Things aren't always what they seem.

By the time digital cameras came out, he was retired. The camera was the perfect toy. He could take as many pictures as he wanted, and play endlessly with the images. His best effort was an image of the prime minister against a background of short brown hair. "A double horse's behind," he explained proudly.

CHRIS ATACK

%

of new fathers by age (Canadian fathers with at least one child under age two and no children over age five)

- 15 - 19 1%
- 20 - 29 30%
- 30 - 39 59%
- 40 - 49 9%
- 50 - 64 1%

FATHER INVOLVEMENT RESEARCH ALLIANCE

father's day **flowers**

When giving flowers to a man, says Louise Gadoury at sierraflower.com, we usually go for big, bold exotics. The pictured Redondo bouquet is a popular gift for dads and features Birds of Paradise too.

Involved dads

The number of fathers reporting daily participation in child care rose from 57% in 1986 to 73% in 2005.

FATHER INVOLVEMENT RESEARCH ALLIANCE

Dad's Gift Guide

Gifts of time, leisure and style for dad, stepdad or grandad.

1 **BBQ fork with digital temperature reader**
Maverick, $14.99; Canadian Tire, canadiantire.ca

2 **Straw hats**
Goorin, $60 to $75 each; Harry Rosen

3 **Retro-proud twill CBC Thunderbolt Radio-Canada Tech Kit Bag**
Red Canoe, $129; redcanoebrands.com

4 **Fyrkat Portable BBQ**
Bodum, $59.95, and co-ordinating tongs, flipper, grill brush, $19.95 each; Sears

5 **Samsung PL 100 digital camera**
makes for perfect buddy self-snapshots every time; $249, samsung.com

6 **Dual-pocket travel kit and accessories**
Upper Canada, $30, uppercanadasoap.com

7 **Sterling silver moneyclips**
Engraved $165, or T & Co. 1837 $150; both Tiffany & Co., tiffany.ca

8 **Slip-on deck shoes**
Joe Fresh, $19; joe.ca

9 **Pronto Large Gear Clock**
$59.99; Indigo Books & Music

10 **Polo shirt**
$14; Joe Fresh, joe.ca

11 **Legendary Eagle watch**
Swatch, $135; swatch.com for retailers

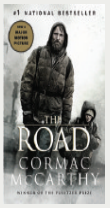
12 **Flight Clock**
$59; Indigo Books & Music

13 **Apple iPad**
serves as a keyboard-less laptop as well as a platform for high-def movies, books, games, work documents and more, from $549; apple.com

Books for Dad

Give the gift of a great read from this fab-four Father's Day list.

Sh*t My Dad Says
By Justin Halpern. Harper Collins Publishers Ltd., $17.99. Halpern's hilarious book, based on his popular Twitter feed, chronicles clever, blunt and sometimes raunchy, words of wisdom from his dad.



The Road
By Cormac McCarthy. Alfred A. Knopf, $24. In this post-apocalyptic thriller, a father and young son, alert for bands of savage men, search for the sea. Their love keeps the pair from despair. Bleak and brilliant.

The Film Club: A True Story of a Father and a Son
By David Gilmour Thomas. Allen Publishers, $27.95. When 15-year-old Jesse Gilmour wanted to quit school, David, a former film critic, had one proviso: that Jesse watch three films a week with him. Discover what developed between the two.

The world is a Ball: The Joy, Madness, and Meaning of Soccer
By John Doyle. Doubleday Canada, $29.95. This travelogue and world-cup primer analyzes the history, politics and passion of the planet's most popular game.

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Stay-at-home dads
In 2008 10% of families with a stay-home parent had a father at home, compared to 4% in 1986 and 1% in 1976. **FATHER INVOLVEMENT RESEARCH ALLIANCE**

Like Father ... Like Daughter

5 women who followed in their fathers' footsteps

1 Melanie Hindle, 35, grew up in Jasper National Park watching her dad, Murray, the park's warden, patrol the back country on horseback while dealing with bears, forest fires, and stranded people. After completing a science degree and honing her own outdoor skills, she became a resource management and public safety specialist, like her dad, at Manitoba's Riding Mountain National Park.

Grace Cullen inherited her father's love and talent for rowing.

2 Ski cross Olympian 21-year-old Julia Murray just competed at the Vancouver Winter Olympics. She lost her father, Olympic downhill ski racer Dave Murray, when she was just two but she is keenly aware of his presence thanks to old racing videos, a training hill at Whistler that's named after him, and countless people who tell her how much she skis like him. To steady her nerves on race day, Julia takes a deep breath, looks up, and says 'Hi Dad'.

3 We all want to look up to our dads, but 38-year-old pharmacist Lisa Simpson has the privilege of having a whole town look up to hers. Ask anyone in Virgil, Ont., she says, and they'll tell you that Ward Simpson "is the nicest man around... who wouldn't want to emulate that?" Lisa says he was secretly hoping she'd follow in his footsteps, and the day she was accepted into pharmacy "was extremely emotional for him".

4 Coletta Huber is a 46-year-old hairdresser who started working with her father 31 years ago. The first five years were "sheer hell, while he taught me everything he knew." But now they're friends. Working together at Hairs In Place in Ajax, Ont., has put Coletta on more equal footing. "I'm brutally honest and stand my ground. He respects that."

Grace and Michael Cullen

5 Michael Cullen's 21-year-old daughter Grace inherited his love and ability for rowing. He rowed for Canada's national team in the 1980s and today, the Trent University student has aspirations to be on the national team one day. "The first time she came alongside me on the river, it was 5 a.m., quiet, and beautiful. There I was doing what I love to do, and now, my daughter is doing it too. That is deeply satisfying."

PAULINE ANDERSON

Confessions of a stay-at-home dad

OLYMPICS "I probably cook five dinners a week," says Jeff Pain, 39, of Calgary. "I don't love cooking, but I do love being home and eating dinner with my kids every day. That's why I do it." The married dad cleans countertops too – and handles the family's gardening. When his young sons, Kyle and Thomas, are home from school, Jeff is the parent they run to when they want a snack or cut their finger. Then there's the house to-do list: a door to fix, pictures to hang, letters to write.

"There's so much to do when you get home from the Olympics." For Pain, the 2010 Winter Games in Vancouver was another chance to compete for gold in skeleton, his high-speed sport of choice.

But the real challenge was balancing sport with a healthy home life. And that's happening too. While he mans the homefront and gets oversees the boys' daytime activities, his wife Aly, an Executive Team Coach, is pushing her career to the next level.

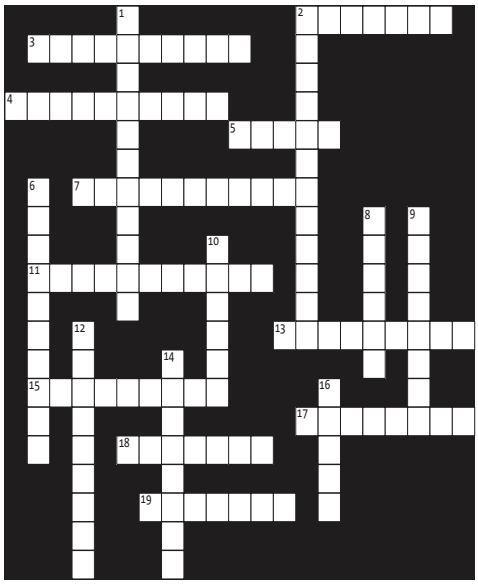
If he's lost anything as a stay-at-home dad, Jeff says it's the sense of team and companionship he once had. But like many of the dads he meets when he picks up his sons from their Montessori program, Jeff has entrepreneurial plans. He intends to help clients find a successful work-life balance of their own.

For now he'll continue being a champion stay-at-home dad. It's another winning formula for the Pains.

CHRIS EDWARDS

Aly and Jeff Pain share the fruits of their hard work: Jeff's silver medal, won in skeleton at the 2006 Olympic Winter Games.

Famous Father's Crossword



ACROSS

2 This Jerry was George's father on Seinfeld and Ben's father in real life

3 This Fred was a member of the Loyal Order of Water Buffaloes

4 He won't be winning the Empire's Best Dad award any time soon (2 words)

5 Atticus ____ was the widowed hero of the 1960 novel To Kill a Mockingbird

7 He played the adoptive father in the 1999 film Big Daddy (2 words)

11 Dan Castellaneta is the voice of the animated dad on this show (2 words)

13 Paul Reiser and Greg Evigan starred on this NBC sitcom from 1987 to 1990 (3 words)

15 This was Mike Brady's profession on The Brady Bunch

17 This Shakespearean drama depicts a father's troubling relationship with his three daughters (2 words)

18 Martin Sheen is the father of Charlie Sheen and Emilio ____

19 This song was written by one Beatle to comfort another Beatle's son during his parents' divorce (2 words)

DOWN

1 He played the father in the 1991 film Father of the Bride (2 words)

2 He played the father in the 1951 film Father of the Bride (2 words)

6 Father Christmas is also known by this two-word moniker

8 Father and daughter celebs John and Anjelica ____ have both won Oscars

9 Bill Cosby was the patriarch of this clan on The Cosby Show

10 Jon ____ is the estranged father of Angelina Jolie

12 This Fred played the guy who had three sons

14 Archie Bunker has this pet name for his son-in-law on All in the Family

16 A. A. ____ based Winnie the Pooh's pal Christopher Robin on his own son

For answeres to this crossword visit: metronews.ca/dad

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Microsoft controller takes voice commands

Microsoft hopes its new video game controller, Kinect, will appeal to families ready to graduate from the Wii. Kinect recognizes users' gestures and voices. This means they can say "pause" or "play" instead of reaching for the remote when watching a movie, and they can play video games without a controller. THE ASSOCIATED PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Ready or not, TV is going digital: CRTC

Industry must prepare for switch: Chairman

The Canadian TV industry faces a crisis if long-overdue preparations for the switch to digital TV don't begin soon, the head of the Canadian Radio-television and Telecommunications Commission said yesterday in a strongly worded speech.

"My great concern is that the industry will not be ready," CRTC chairman Konrad von Finckenstein told a breakfast gathering of producers, broadcasters and content creators at the Banff World Television Festival.

"There will be requests for delays, we will have a crisis on our hands. It must not be allowed to happen."

The federal government wants digital signals to be converted from analog in August 2011, but Finckenstein suggested a trial run begin as early as April 2011 in Winnipeg and Quebec City.

He pointed to the painful transition south of the border in June 2009, when the U.S. made the switch. More than $1.5 billion US was spent on subsidies to help consumers pay for converter boxes.

Finckenstein urged cable and satellite providers to mount a widespread consumer education campaign in Canada. He warned of a widespread backlash if people who currently pay nothing for TV are suddenly forced to invest in cable or satellite signals.

THE CANADIAN PRESS

End of free TV?

- An estimated 900,000 Canadian households that rely on antennas don't have televisions equipped to receive new digital signals. About another 44,000 won't have access to TV content at all unless they invest in a satellite dish.

Paris **Anyone in the market for a missile?**

MICHEL EULER/THE ASSOCIATED PRESS

Visitors look at Israel's Rafael air, sea and land advance defence systems, at the Eurosatory defence trade fairs, in Villepinte, outside Paris, yesterday. China is exhibiting for the first time at Eurosatory, one of Europe's largest defence trade fairs, as it seeks to tap new markets.

Wall Street Continues to Prosper Because They Got Bailed Out – But Are YOU Getting Richer?

Even as the Economy Continues to Struggle, Much of Wall Street is Minting Money - The New York Times

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Robert Kiyosaki will not attend this event

Telecoms feel the squeeze

WIRELESS The telecom sector will take it on the chin this year as increased competition from new wireless carriers forces some companies to slash mobile phone pricing even as their costs increase, the Conference Board of Canada predicts.

An industry outlook report from the think-tank released yesterday says that profits for telecommunications companies will weaken to $6.7 billion this year. That's down from a $7-billion profit reported last year.

Major providers like Rogers, Bell and Telus are contending with a rush of new entrants including Globalive's Wind Mobile and Public Mobile.

"Competition will limit price increases for both telecoms and computer services firms," said Conference Board economist Maxim Armstrong in a release.

The Big Three providers had anticipated the heightened competition and invested in their infrastructure and slashed billing prices before the new entrants came to the market.

The Conference Board says it expects overall costs to grow by five per cent this year due to higher interest rates and increased wages.

In a separate report yesterday the think-tank highlighted the rising costs also facing the computer systems design industry, which includes software and website developers.

THE CANADIAN PRESS

$1.3B The Conference Board said profits in the computer systems design industry, which includes software and website developers, are expected to slip to $1.3 billion this year, the third consecutive annual decline, due to rising costs, even though revenues will likely improve.

Recovery looks stalled

ECONOMY The global economic recovery may be disappearing as quickly as it appeared. After a few months of encouraging news suggesting the recovery that began last fall was going V — describing a sharp drop followed by an equally sharp upturn — the evidence now is all the other way.

The fast pace of growth seen in the last three months of 2009 and first quarter of this year appears to have stalled in important areas such as employment.

THE CANADIAN PRESS

EU businesses warn their leaders to tread lightly amid debt crisis and plunging euro.

Scan this code for the story.
Learn how to scan on the Local page.

Business in brief

MEDIA OWNERSHIP Canwest Global says its creditors have given the green light to a plan that will allow its newspaper division to emerge from restructuring and be sold to a group of investors. The company's unsecured creditors met in Toronto and voted overwhelmingly for the plan, with over 97 per cent in support, Canwest said. That clears a major hurdle to sell the papers to a group of investors led by Paul Godfrey, the president and CEO of its flagship National Post newspaper.

THE CANADIAN PRESS

BMO	CIBC	HSBC	ING	PCF
1.00%	0.70%	0.65%	1.20%	1.00%
RBC	Scotia	TD	ALLY	Interest rates/ Savings accounts
0.85%	1.00%	0.85%	2.00%	

Check bank websites as some rates require minimum account balance

Your Money

Turning an idea into a business

AlisonOnMoney

Alison Griffiths

griffiths.alison@gmail.com

Summer is the season of possibilities. When everything is green and growing thoughts turn to nurturing that big, brilliant, business idea of yours. Here are some steps to take that will help you structure the process which can be a bit overwhelming.

ALISON'S MONEY RULE
Turn a great idea into a great business by taking care of business before you open your doors.

1 Assess yourself: OK, you've got talent and a great concept. But are you entrepreneur material? Do you have these signs of the entrepreneurial gene?

a) A need for achievement
b) The desire to influence others
c) A love of autonomy at work
d) Self-assurance
e) A strong work ethic
f) A high action drive
g) The strength to keep leaping tall buildings when taller ones keep popping up.
h) Creativity
i) Ego and competitiveness.
j) The ability to rebound from failure.

2 Make a plan: A business plan sketches out the idea and gets specific about how to develop it. Included should be marketing strategies and thorough market research. There's no point in duplicating what already exists or what has already failed.

3 Build your profile: This step involves coming up with a name, an on-line identity, a support group (lawyer, accountant, business networks) and taking care of things like registering your business, getting a GST\HST business number and deciding whether to incorporate or operate as a sole or joint proprietorship. In the process you will also amass information about restrictions such as zoning or other obligations such as handicap parking and health regulations.

4 Finance it: A dream often starts the entrepreneurial spirit boiling but money keeps it simmering. Know your cash flow needs to pay the bills but you will also need a pot of cash to get things underway. This entails visits to banks and other lenders to determine if you qualify (new businesses will likely have to lean on personal or home equity lines of credit).

All of the above will take time so a helping hand is, well, helpful. Check out the Business Development Bank of Canada, bda.ca, for a host of excellent tips and links.

Alison Griffiths' show Maxed Out appears Wednesday nights at 10:30 p.m. alisongriffiths.ca

Hike offers time to guard against payment shock

Any savvy shopper knows a good deal doesn't last forever, and the modest interest rate hike announced this month presents an opportunity to guard against potential payment shock as we ease into more expensive borrowing.

"Because it's been so affordable to carry the debt for so long now, it hasn't been at the top of people's priority lists," said Scott Ward, a financial adviser at Edward Jones. "So now that rates are going up, it's going to become a little less comfortable to carry that line of credit, or that mortgage, or that loan around."

The Bank of Canada's decision to raise its key rate from an emergency low 0.25 per cent largely affects variable rate mortgages and lines of credit that are closely tied to bank prime rates, which now sit a quarter point higher than before, at 2.5 per cent.

35 The quarter-point interest rate hike amounts to about a $35 increase in monthly payments for a $250,000 mortgage with a 25-year amortization.

The central bank has also warned Canadians about the perils of racking up too much debt as they became accustomed to falling rates over the past three years.

As long as mortgage holders and other borrowers haven't added too much debt to their balance sheets, they should be able to withstand the modest rate hike, Ward said. But, he added, they should be proactive about paying down debts or increasing savings.

"See where you can employ some of the money to help reduce those costs ... what sacrifices you can make in terms of your monthly living to help reduce those costs," he said.

Rob Hafer, regional manager at mortgage brokerage Invis Inc., says borrowers should use this time to take precautions to guard against future payment shock if rates rise significantly, he said.

Hafer said homeowners with variable rate loans should think about putting extra cash, like an inheritance, tax refund or a work bonuses directly toward their mortgage.

THE CANADIAN PRESS

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Beckham remains highest-paid MLS player

Injured David Beckham is still the highest-paid player in Major League Soccer while Toronto midfielder Julian de Guzman is fourth on a list released by the players union. Beckham tops the league at $6.5 million US in guaranteed compensation this year while de Guzman earns $1.72 million. THE ASSOCIATED PRESS

Sports

Young apologizes for fight

Vince Young, left, has apologized to the Tennessee Titans, his teammates, family and fans for his role in a fight at a Dallas strip club. The quarterback says he made a mistake being at the club. Video footage released by Dallas police show the quarterback and several people talking in a small room before Young attacked someone there. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Burrows undergoes shoulder surgery

NHL Vancouver Canucks winger Alex Burrows underwent surgery on his shoulder Monday to repair damage suffered during the NHL season.

Alex Burrows

Canucks president and GM Mike Gillis said the surgery was a success and Burrows will begin a rehab program.

"At the conclusion of our season and after further consultation with our medical staff it was determined that shoulder surgery was the required procedure for Alex," Gillis said in a release.

Burrows led the Canucks with 35 goals during the regular season, but scored just three times during the playoffs, two of those into an empty net.

THE CANADIAN PRESS

Sports in brief

NHL San Jose Sharks captain Rob Blake is retiring from the NHL after a 20-year career as one of the league's top defencemen. Blake will make the retirement official at a news conference Friday, a person with knowledge of his plans told The Associated Press.

AHL Defenceman Patrick McNeill scored a pair of goals and the Hershey Bears defended their American Hockey League championship with a 4-0 win over the Texas Stars last night. Hershey won the Calder Cup final 4-2. Game 6 was the only game in the series won by the home team.

NHL The Toronto Maple Leafs are putting the C on defenceman Dion Phaneuf. He had 10 points in 26 games with the Leafs last season. The 25-year-old Phaneuf was acquired last January in a blockbuster deal with the Calgary Flames. Toronto hasn't had a captain since Mats Sundin left the team in the summer of 2008.

MLS Branko Boskovic, the captain of Montenegro's national team, has signed with D.C. United as a designated player. The midfielder, who turns 30 on June 21, had been with Rapid Vienna since January 2007.

METRO NEWS SERVICES

Last stand for Lakers

(Boston leads series 3-2)

Celtics at Lakers

Down 3-2 in the NBA finals against an old foe that keeps finding new ways to beat them, the Los Angeles Lakers are going to need a big Hollywood ending to escape this jam with another championship.

That's exactly where they will make their last stand against the Boston Celtics.

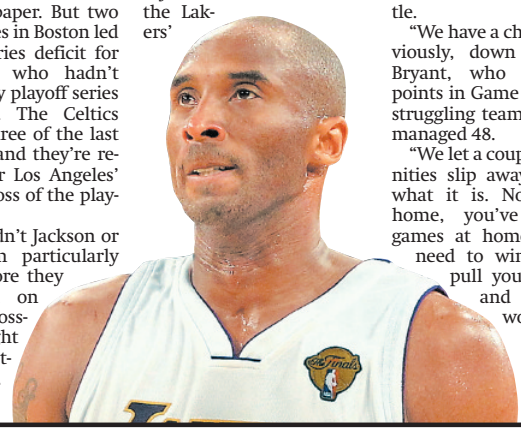
Game 6 is back home tonight at Staples Center, where the Lakers are 9-1 in the post-season, with everybody from Kobe Bryant to the Lakers' bedraggled bench playing with much more passion and confidence.

"If you look at it, they've come home and carried the 3-2 lead back," Lakers coach Phil Jackson said. "It's basically home court, home court. Now we're going back to home court to win it. That's the way it's supposed to be, isn't it?"

Sure, on paper. But two straight losses in Boston led to a dire series deficit for the Lakers, who hadn't trailed in any playoff series this season. The Celtics have won three of the last four games and they're responsible for Los Angeles' only home loss of the playoffs.

So why didn't Jackson or Bryant seem particularly worried before they headed out on their final cross-country flight of the post-season? Throughout a trying season filled with injuries and big-game setbacks since a Christmas Day loss to Cleveland, the Lakers have always been able to rise when they absolutely needed to do it.

Jackson even described the Lakers' locker room as "spirited" after losing Game 5 in their lowest-scoring performance of the post-season in the 92-86 loss. For all their struggles in Boston, the Lakers realize they only have to defend their home court to win their 16th title.



Kobe Bryant

"We have a challenge, obviously, down 3-2," said Bryant, who scored 38 points in Game 5 while his struggling teammates only managed 48.

"We let a couple opportunities slip away, but it is what it is. Now you go home, you've got two games at home that you need to win, and you pull your boots up and get to work."

THE ASSOCIATED PRESS

Jimenez enjoying season for the ages

MLB Ubaldo Jimenez appreciates all the attention he's receiving for his astounding season.

He really does.

As to whether the attention is warranted, the Colorado Rockies ace just shrugged his shoulders and flashed a shy smile.

He's as modest as he is masterful.

Equipped with a 100 m.p.h. fastball and an assortment of other filthy pitches, Jimenez is in the midst of a season for the ages.

At 12-1, the Dominican right-hander is just the sixth pitcher since 1920 with that quick a start, according to STATS LLC.

His ERA is a minuscule 1.16 as he makes a run at Bob Gibson's memorable season of 1968, when the St. Louis Cardinals great finished 22-9 with a 1.12 ERA, a performance so dominant that it led, in part, to the mound being lowered the following season.

Dutch Leonard of the Boston Red Sox has the all-time low ERA for a starter in a season since 1900, turning in an 0.96 mark in 1914.

Jimenez was hovering around Leonard's figure until his last outing, when he surrendered three runs in a six-inning, rain-shortened complete game win Friday over Toronto. Pitching through thick rain drops, Jimenez didn't have his customary control.

"Wasn't easy to be out there," Jimenez said.

A small taste of how hitters must feel against him.

Jimenez refuses to get too swept up in his burgeoning success, remaining down-to-earth even with each dazzling display. His response to all these accolades is a fast dismissive wave of the hand, a way to keep the hype from going to his head.

That's the way his mom and dad raised him.

"I am the same guy and try to credit people when they do things," said Jimenez. "I haven't changed."

THE ASSOCIATED PRESS

JED JACOBSOHN/GETTY IMAGES

Ubaldo Jimenez tosses a pitch against the San Francisco Giants last month. The Colorado Rockies right-hander sports a 12-1 record this season.

Karl's son expects father to return to Nuggets bench

NBA Denver Nuggets coach George Karl skipped a charity golf tournament because he wasn't feeling well enough to play, sending his son as a substitute.

And his son brought along a cheery update on his dad's battle with throat and neck cancer.

Nuggets guard Coby Karl said he thinks his father will be back on the bench for the start of next season after missing Denver's playoff run as he recovered from an intense six-week regimen of chemotherapy.

"From the way I see it, I think there's no doubt in my mind," Coby Karl said yesterday after playing in a tournament put on by the American Cancer Society. "But you've got to take it on a day-to-day basis with the situation."

George Karl turned 59 in May.

THE ASSOCIATED PRESS

SCOREBOARD

NBA

TODAY'S

Boston at L.A. Lakers, 6 p.m. (Boston leads series 3-2)

BASEBALL

YESTERDAY'S INTERLEAGUE RESULTS

St. Louis 9 Seattle 3
Milwaukee at L.A. Angels
Toronto at San Diego
Baltimore at San Francisco

World Cup drawing record audience: CBC

Canadians are tuning into the World Cup in record numbers, according to CBC. Saturday's game between the U.S. and England averaged 2.275 million viewers, the highest Canadian audience ever for a preliminary-round World Cup game, according to CBC. THE CANADIAN PRESS

FIFA World Cup

EDITOR: DON.MCHOULL@METRONEWS.CA

ARMANDO FRANCA/THE ASSOCIATED PRESS

Ivory Coast's Didier Drogba runs during a training session yesterday in Port Elizabeth, South Africa.

Portugal prepares to face Drogba, even if it is unlikely

GROUP G PREVIEW

Portugal vs. **Ivory Coast**

VS

GROUP G Portugal coach Carlos Queiroz is taking all possible precautions and making sure his team is ready to deal with Didier Drogba, even though the Ivory Coast striker has only a slim chance of playing in the sides' World Cup opener today.

Drogba trained for a second straight day yesterday, just 10 days after breaking his arm in a June 4 warm-up match, and Ivory Coast coach Sven-Goran Eriksson is waiting until just two hours before kickoff to make a decision on whether he can play.

Drogba, who scored 37 goals for Chelsea this season to lead the club to the Premier League and FA Cup titles, is hoping to take to the field at Nelson Mandela Bay Stadium wearing a special protective cast.

Such an outcome sounds far-fetched, not least since FIFA has yet to rule on whether the cast will be allowed, but Queiroz is anxious not to be caught out by a surprise appearance.

"I'm not a doctor so I can't say if Didier Drogba will be playing," Queiroz said yesterday. "It is a fracture and the doctors, along with Mr. Eriksson, will have to decide.

"After 30 years of my life in soccer, there is nothing that surprises me. In terms of a player playing or not, nothing surprises me."

Drogba is Ivory Coast's main hope for goals in a tough Group G that also contains five-time world champion Brazil and North Korea.

FIFA must decide whether the cast Drogba, if fit, would wear on his damaged right arm presents a danger to other players.

THE ASSOCIATED PRESS

Nani out

- Portugal has its own injury problems, with Manchester United winger Nani out of the match because of a shoulder problem.

Feeling tied up

Italy disappointed with draw vs. Paraguay

GROUP F RESULTS

Italy 1 **Paraguay** 1

VS

Italy opened the defence of its World Cup title with a laborious 1-1 draw against Paraguay yesterday.

Paraguay took advantage of its first shot on goal to take the lead in the 39th minute. Antolin Alcaraz outjumped 36-year-old Italy captain Fabio Cannavaro and Daniele De Rossi for a header following a free kick from Aureliano Torres, and goalkeeper Gianluigi Buffon had no chance for a save.

De Rossi made up for the opening goal by equalizing in the 63rd, sliding in to redirect a corner kick from Simone Pepe. It was a solid start for the AS Roma midfielder, who was suspended for four games during Italy's victorious 2006 run after bloodying the face of United States forward Brian McBride with a sharp elbow.

"We deserved to win," De Rossi said. "We controlled the ball virtually the entire time, but it's not easy against these teams that dream simply of drawing with the world champions. And if you fall behind, it becomes even tougher."

Italy coach Marcello Lippi said the biggest regret "was the result."

"They only approached the goal once and they scored," Lippi said. "We reacted well, but you've got to win games likes these."

Already without injured midfielder Andrea Pirlo, Italy's fortunes took another hit when it lost perhaps its most valuable player — Buffon — after the first half. The 32-year-old goalkeeper was removed in favour of inexperienced backup Federico Marchetti.

"During warmup he felt a pain in his back and after the first half he couldn't continue," Lippi said. "It was a big blow. We lost a substitution that we could have used. I don't know how bad it is or how long he'll need to recover."

Lippi's side did little to disprove the critics who have labelled the squad as too old to win the title again.

Italy centre forward Alberto Gilardino hardly touched the ball and Lippi acknowledged his team needs to attack with more efficiency.

The Azzurri haven't won since beating Sweden 1-0 in a friendly in November, drawing with Cameroon and Switzerland and losing 2-1 to Mexico in their World Cup warmups.

THE ASSOCIATED PRESS

JAFS BARON/GETTY IMAGES

Italy's Daniele De Rossi scores his team's only goal yesterday during a Group F match between Italy and Paraguay.

Buffon aims to play next game

- Italy goalkeeper Gianluigi Buffon says he can recover from a back problem in time for the Azzurri's next game.
- Italy's next opponent in Group F is New Zealand Sunday — giving Buffon six days to recover.

GROUP A

	GP	W	D	L	GF	GA	Pts
South Africa	1	0	1	0	1	1	1
Mexico	1	0	1	0	1	1	1
Uruguay	1	0	1	0	0	0	1
France	1	0	1	0	0	0	1

WEDNESDAY'S GAME
AT PRETORIA, SOUTH AFRICA
South Africa vs. Uruguay, 3:30 p.m.
THURSDAY'S GAME
AT POLOKWANE, SOUTH AFRICA
Mexico vs. France, 3:30 p.m.

GROUP B

	GP	W	D	L	GF	GA	Pts
South Korea	1	1	0	0	2	0	3
Argentina	1	1	0	0	1	0	3
Nigeria	1	0	0	1	0	1	0
Greece	1	0	0	1	0	2	0

THURSDAY'S GAMES
AT JOHANNESBURG
Argentina vs. South Korea, 8:30 a.m.
AT BLOEMFONTEIN, SOUTH AFRICA
Nigeria vs. Greece, 11 a.m.

GROUP C

	GP	W	D	L	GF	GA	Pts
Slovenia	1	1	0	0	1	0	3
England	1	0	1	0	1	1	1
United States	1	0	1	0	1	1	1
Algeria	1	0	0	1	0	1	0

FRIDAY'S GAMES
AT JOHANNESBURG
United States vs. Slovenia, 11 a.m.
AT CAPE TOWN, SOUTH AFRICA
England vs. Algeria, 3:30 p.m.

GROUP D

	GP	W	D	L	GF	GA	Pts
Germany	1	1	0	0	4	0	3
Ghana	1	1	0	0	1	0	3
Serbia	1	0	0	1	0	1	0
Australia	1	0	0	1	0	4	0

FRIDAY'S GAME
AT PORT ELIZABETH, SOUTH AFRICA
Germany vs. Serbia, 8:30 a.m.

GROUP E

	GP	W	D	L	GF	GA	Pts
Netherlands	1	1	0	0	2	0	3
Japan	1	1	0	0	1	0	3
Cameroon	1	0	0	1	0	1	0
Denmark	1	0	0	1	0	2	0

YESTERDAY'S RESULTS
AT JOHANNESBURG
Netherlands 2, Denmark 0
AT BLOEMFONTEIN, SOUTH AFRICA
Japan 1, Cameroon 0

GROUP F

	GP	W	D	L	GF	GA	Pts
Italy	1	0	1	0	1	1	1
Paraguay	1	0	1	0	1	1	1
New Zealand	0	0	0	0	0	0	0
Slovakia	0	0	0	0	0	0	0

YESTERDAY'S RESULTS
AT CAPE TOWN, SOUTH AFRICA
Italy 1, Paraguay 1
TODAY'S GAME
AT RUSTENBURG, SOUTH AFRICA
New Zealand vs. Slovakia, 8:30 a.m.

GROUP G

	GP	W	D	L	GF	GA	Pts
Brazil	0	0	0	0	0	0	0
Ivory Coast	0	0	0	0	0	0	0
North Korea	0	0	0	0	0	0	0
Portugal	0	0	0	0	0	0	0

TODAY'S GAMES
AT PORT ELIZABETH, SOUTH AFRICA
Ivory Coast vs. Portugal, 11 a.m.
AT JOHANNESBURG
Brazil vs. North Korea, 3:30 p.m.

GROUP H

	GP	W	D	L	GF	GA	Pts
Chile	0	0	0	0	0	0	0
Honduras	0	0	0	0	0	0	0
Spain	0	0	0	0	0	0	0
Switzerland	0	0	0	0	0	0	0

WEDNESDAY'S GAMES
AT NELSPRUIT, SOUTH AFRICA
Honduras vs. Chile, 8:30 a.m.
AT DURBAN, SOUTH AFRICA
Spain vs. Switzerland, 11 a.m.

Sports in brief

GROUP E The Netherlands needed a couple of lucky bounces to break down Denmark's sturdy defence for a 2-0 win yesterday, despite struggling to live up to its billing as one of the most dangerous attacking teams at the World Cup.

GROUP E Keisuke Honda scored in the first half yesterday to lead Japan to a 1-0 win over an uninspired Cameroon at the World Cup. The win is Japan's first at the World Cup on foreign soil, and puts the Japanese at the top of Group E along with the Netherlands.

GROUP A Former France captain Zinedine Zidane says Raymond Domenech "is not a coach" and that "there is no teamwork" among the French players at the World Cup. THE ASSOCIATED PRESS

Star striker Jong a far cry from the typical North Korean

NORTH KOREA He plays like Rooney, but behaves more like Beckham. He loves his cars, his rap music and his clothes, and changes hairstyles more often than you can say "Kim Jong Il."

North Korea striker Jong Tae Se is not your average North Korean.

Born and raised in Japan, the 26-year-old forward has never lived in communist North Korea, and says he has no plans to. He loves to shop, snowboard and dreams of marrying Korea's Posh Spice — none of which would be possible in the impoverished North, one of the most isolated countries in the world.

Jong Tae Se

But he wears the Democratic People's Republic of Korea jersey with pride, and is moved to tears when he hears the country's anthem. The boy from Nagoya could become North Korea's biggest international soccer star since Pak Doo Ik scored the goal that knocked Italy out of the World Cup in 1966.

THE ASSOCIATED PRESS

Away from home

- Jong Tae Se is among Japan's nearly 600,000 "zainichi," ethnic Koreans who live in Japan as long-term residents.

U.S. officials looking to ban peanuts from flights

Federal regulators in the United States are considering a snack attack on airlines that would restrict or even completely ban serving peanuts on commercial flights. Advocates say the move would ease fears and potential harm to an estimated 1.8 million Americans who suffer from peanut allergies. THE ASSOCIATED PRESS

Health & Beauty

Learning to just 'be'

Meditation can help you unwind from a hectic lifestyle

ROMINA MCGUINESS
Metro World News

Free your mind, and the rest will follow! Mediation guru Andy Puddicombe tells Metro how to unleash your mind it the right way

Puddicombe trained as a Buddhist monk in the Indian Himalayas. Today, he's got an office base in London, England where he works as a meditation "guru" to rock stars, elite sportsmen and celebrities. He tells Metro about trying to get people to disengage from the whirlpool that is their thoughts and just "be…"

METRO WORLD NEWS

Meditation can help anyone from rock stars to athletes to accountants.

THE MEANING OF MEDITATION

"In a world where everything is black and white, people are frustrated by things they don't understand," says Puddicombe. "As a technique, it's about sitting in a quiet place, undisturbed for 10 to 20 minutes but as an experience it's harder to explain."

Try and explain the taste of chocolate he says, you can try and describe it, but it's a totally different thing once you out it in your mouth.

Psychotherapist Marisa Peer trained with mediation expert Deepak Chopra and describes meditation as learning to do nothing more than focus on your breathing, staying still and keeping distractions far away.

SO, WHAT IS IT?

"It's a way of calming the mind," explains Puddicombe. "Once you have attained a degree of stillness, you'll have clarity and better understanding what is going on around you. Meditation heightens anything from awareness and self-understanding, calm and clarity, to compassion and empathy. It's about knowing how you feel and why you feel it."

SHOULD I MEDITATE?

People who come to Puddicombe have often been referred to him after suffering from depression, anxiety, insomnia, addictive behaviour, anger issues or high blood pressure.

"I treat people stuck in emotional patterns of destructive behaviour, which is a loop people find hard to get out of. Imagine being stuck on a wheel and spinning around faster and faster without being able to stop. You need to step off the wheel, allowing natural momentum to slow it down. Meditation is about observing the mind, feelings and thoughts and rather than running away from them, perceiving them."

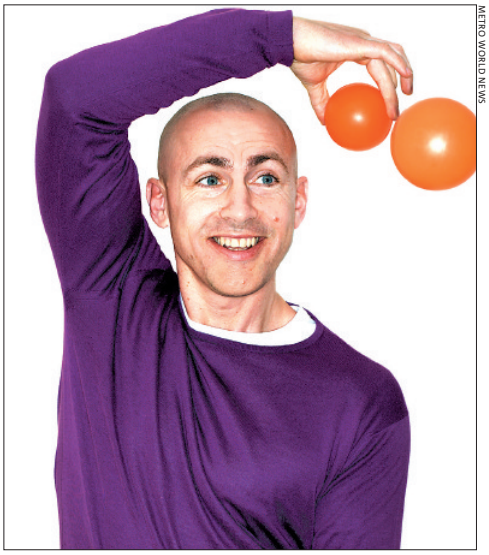
DOES IT REALLY HELP?

Puddicombe's favorite analogy to explain the benefits of meditation involves a road and a blindfold.

"Imagine you're sitting on the side of the road with a blindfold, you are aware of the noise, stress and unpleasant surrounding but cant see it. Take off the blindfold and this is where you begin meditating. See the cars as your thoughts, you'll be tempted to stop the flow of traffic but hold back and watch from where you stand. You're creating a space where you allow the mind to naturally unwind."

In essence meditation allows you to step out of an emotional loop and disengage with a pattern of behaviour. A recent study carried out at Harvard Medical School found that meditation led to an increase in blood flow in the prefrontal cortex, associated with positive emotions such as happiness.

The verdict … just be.



METRO WORLD NEWS

Meditation guru Andy Puddicombe believes that connecting with the entire process of food creation and eating will let people appreciate what they put into their bodies.

Meditative eating

Andy Puddicombe teamed up with British chef Jamie Oliver to promote the concept of "mindful eating."

"Based on the same principles of floor mediation practice, mindful eating is about bringing a sense of presence to the activity of eating. Appreciating your food and being grateful for it in a calm and open manner is key," says Puddicombe.

The campaign wants people to not simply focus on the food they eat, but the entire process, from shopping, chopping and cooking. If you are mindful and present, cooking becomes a pleasurable activity.

"People must learn to put some love into cooking rather tan see it as a chore," he explains.

"So many people have issues with food, either over or under indulging, sometimes swinging from one to the other. By being engaged in the moment as you cook and eat, you will be more aware of emotional swings and less likely to cave into cravings signalled by your thoughts. Disengage from these thoughts, make the right nutritional choices, don't rush and appreciate what you put into your body."

ROMINA MCGUINNESS/
METRO WORLD NEWS

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Sunday, June 27th at the Vancouver Convention Centre
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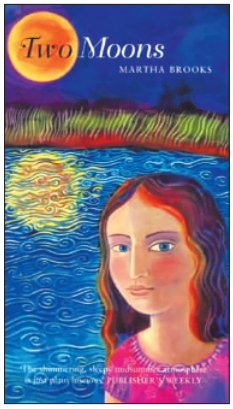
Chef Sylvain Cuerrier, **River Rock Casino Resort**
Chef Wayne Harris, **Shangri-La Hotel Vancouver**
Chef Todd Boyer, **Stella's Tap & Tapas Bar**
Chef Leigh Power, **Subeez Café**
Chef Eric Edwards, **Tigh-Na-Mara Seaside Spa Resort**
variety the children's charity
VANCOUVER CONVENTION CENTRE
MARKETPLACE IGA

Fiction can help youths learn about love, sex

The J Spot
Josey Vogels
metronews.ca/thejspot



Novels such as Two Moons can give young adults a better understanding of the emotions and confusion about adolescence than a school sex-ed class can.

Recent debates about sex education in schools has sparked a conversation about what kids should — or shouldn't — be learning when it comes to sex.

But frankly, most sex education rarely talks about stuff kids really want to know about; that is how to deal with the emotions, the heartbreak, the negotiations and the confusion involved in being an adolescent whose hormones are just getting kick started.

That's where today's glut of young adult fiction can play a role. Fiction is full of characters young people can relate to who are facing things they're facing, or opening their minds up to things others may be going through.

As Virginia Euwer Wolff writes in True Believer, a coming of age story of 15-year-old girl that, "In the sex class we have to take by school law where they showed condoms and scared us about AIDS, they said sexuality is the most confusing thing about being a teenager.

"I am sure this is correct because I strained my ears to hear over the racket of kids making a joke of the class waving condoms on their fingers hooting. And also because the sex teacher said it four times."

In her book Two Moons in August, Canadian author Martha Brooks grapples with the tangled emotions of a young girl coming to terms with her mother's death one summer, and falling for a boy who moves into her neighbourhood, but who already has a girlfriend.

And Diana Weiler is one of the few authors who writes books aimed specifically at teenage boys, a group not exactly known for it's voracious reading habits. But if there's anything that's going to get a young guy to turn off the TV or the video game and pick up a book instead, a book that deals with sex is probably a good bet. If it's one that deals with some of the confusing emotions and issues he's currently facing, all the better.

The other brilliant thing about young adult fiction is that it offers another tool for plenty of parents, most of whom, quite frankly, would rather have root canal surgery than talk to their kids about sex.

And let's face it, how many teens really want to talk to their parents about this stuff anyway? That doesn't mean you can leave a pile of books beside your son or daughter's bed and tell them to have a good life. But a good book, offers the opportunity to open the discussion, and to broach some of the issues that might not otherwise come up.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

On the shelves

- Love & Sex: Ten Stories of Truth, Michael Cart (Editor)
- Sticks and Stones, Beth Goobie
- You Don't Know Me, David Klass
- Seven For a Secret, Mary C. Sheppard
- Pedro and Me: Friendship, Loss and What I Learned, Judd Winick

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Drug companies sharing data on Alzheimer's research
In an unusual step, a dozen competing drug companies have agreed to share data on thousands of Alzheimer's patients in hopes that the extra information will spark new ideas for treatments. THE ASSOCIATED PRESS

Promoting safe medication use

New website aims to prevent pharmaceutical errors from happening

CELIA MILNE
for Metro Canada

Took the wrong pills? Confused about your medication? Now there's a website where you can report problems you've had with prescriptions.

"Medication errors are very common and can be alarming," says Bonnie Salsman from the Institute for Safe Medication Practices (ISMP) Canada. "That's why we're working hard at preventing harm when medication errors happen."

ISMP Canada has teamed up with the Best Medicines Coalition and Patients for Patient Safety Canada to create the new consumer website, at SafeMedicationUse.ca.

"The key thing we are trying to achieve with the site is to learn when errors happen and use that information to prevent them in the future.

"It's all focused on system change rather than blaming the person who made the mistake," says Salsman, one of the project leaders.

A new website, SafeMedicationUse.ca, helps consumers keep track of their medications and avoid errors that can cause serious complications.

Errors can be particularly dangerous if the drug is insulin, narcotics or chemotherapy, Salsman adds.

You take the wrong drug

This can be due to packaging similarities or overt errors made in hospital or in the community pharmacy. One possibility is that the wrong medication was put on a shelf at the pharmacy where a similar-looking medication usually is, and the wrong medication is dispensed to you. Another possibility is that several medications were picked up in the same bag, and the wrong one got to you. Or your medication was switched with someone else's.

Taking the wrong dose of the correct drug

Perhaps you are supposed to take your medication once a day, but due to error it says twice a day. Or a drug that is supposed to be taken three times a day spread throughout the day gets taken three at once. Also, perhaps it's not clear whether to take the medication with food. Confusion is common: In a study published in the Annals of Internal Medicine, 46 per cent of patients misunderstood at least one of the five medication labels they were shown.

Preventing errors

- Almost 10 per cent of adult Canadians with a health problem reported mix-ups when filling a prescription at a pharmacy or in hospital, according to the Commonwealth Fund International Health Policy Survey of Sicker Adults. Here are tips on how to prevent errors:
- When you receive a prescription, make sure you understand what it's for, the right dose for you, and the proper way to take it.
- Have the pharmacist go through the instruction on the prescription label with you.
- Make sure you know whether the medication should be taken with food.
- Read any warning labels on the prescription container and ask your pharmacist to explain them.
- Ask if there are other medications or remedies that shouldn't be taken with this drug.
- Take a list of your other medications with you to the doctor or hospital.

Errors with iron meds easy to make

CELIA MILNE
for Metro Canada

ANEMIC Many people are anemic ("low blood") and therefore take iron supplements. Iron pills are one of the areas that the Institute for Safe Medication Practices Canada has pointed out as being risky for errors. Different supplements contain different amounts of iron. For example:

- a 300 mg tablet of ferrous gluconate contains 35 mg of iron.
- a 300 mg tablet of ferrous sulphate contains 60 mg of iron.
- a 300 mg tablet of ferrous fumarate contains 99 mg of iron.

Confusion can occur if your doctor tells you to take 300 mg of ferrous sulphate daily, but the label on the bottle says each tablet contains 60 mg of iron.

Be sure you understand how much you are supposed to take. Signs of an iron overdose are nausea, diarrhea, vomiting and stomach pains.

How to pick the perfect pair of shades

CELIA MILNE
for Metro Canada

Bug eyes? Aviators? With great sunglasses, you can look like a movie star AND keep your eyes safe from the sun.

But what should you look for? Make sure the sticker says UV400 protection, as this indicates 100 per cent protection from harmful UVA and UVB rays, says Isaac Abenhaim, an optician and owner of Yonge Vision in Toronto.

"Buy from reputable stores," he adds. "No flea market sunglasses."

Failing to protect your eyes from the sun can cause short-term problems such as a sunburn to the cornea. And neglecting your eyes summer after summer over many years can lead to long-term problems such as age-related macular degeneration and cataracts.

Besides making sure you have full UV protection, here's some more advice on choosing sunglasses, from Health Canada:

- Make sure the lenses aren't so dark that they reduce your vision.
- Medium to dark lenses with a grey, slightly brown or green tint are best.
- Check for distortion by putting on sunglasses and looking at a rectangular pattern, such as floor tiles. The lenses are fine if the lines stay straight when you move your head up and down, and from side to side.
- Look for sunglasses with scratch-resistant coating.
- Plastic lenses are tougher than glass and less likely to break.

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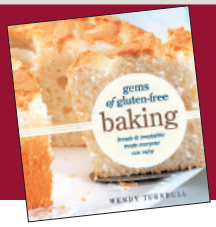
Olive oil industry
Extra-virgin olive oil, once the domain of Spain and Italy, is popping up in surprising new places. It's on the up-and-up Down Under, growing in Croatia and is becoming such an industry in South America that a Chilean producer is bringing two products to the U.S. market this year. THE ASSOCIATED PRESS

Food



Gluten-free baking

When a person suffers from celiac disease, the aroma of home-baked bread, cookies, buns and cakes can be difficult to endure. This is because those with the disease cannot tolerate gluten, a protein in wheat, rye and barley. For those suffering from this condition, Wendy Turnbull, a Calgary-based celiac, has developed, through years of testing, a recipe for a gluten-free flour which she calls GEMS. And now she shares her flour recipes with readers in her new book Gems of Gluten-Free Baking. THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Treat dad to BBQ favourites

One of the great features of Father's Day is that it takes place in June. The warm and sunny weather is a definite incentive to celebrating outdoors.

And this is where the barbecue comes into play. Here are two dad-friendly recipes for flank steak and sirloin cheeseburgers. Serve with a selection of salads and father will be in seventh heaven.

Celebrate Father's Day this year by firing up the grill for favourites like Tagliata of Flank Steak, above, and Sirloin Cheeseburgers, above right.

Tagliata of Flank Steak

MAKES 4 TO 6 SERVINGS
WINE MATCH: CHILEAN CABERNET SAUVIGNON

INGREDIENTS:
- 1 flank steak, about 750 g (1 1/2 lb) and 2 cm (3/4 inch) thick
- Extra-virgin olive oil
- Kosher salt
- Ground black pepper
- 75 ml (1/3 cup) balsamic vinegar
- 2 ml (1/2 tsp) granulated sugar
- 1.5 l (6 cups) loosely packed baby arugula
- 250 ml (1 cup) loosely packed shaved Parmigiano-Reggiano cheese

METHOD:

Lightly brush steak on both sides with oil and season evenly with salt and pepper.

Allow steak to stand at room temperature for 15 to 30 minutes before grilling.

Prepare grill for direct cooking over high heat (230 to 290 C/450 to 550 F).

In a small saucepan over medium-high heat, combine vinegar and sugar. Allow mixture to reduce by half, 6 to 8 minutes, stirring occasionally. Remove from heat and let cool.

Brush cooking grates clean. Grill steak over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice. (If flare-ups occur, move the steak temporarily over indirect heat.) Transfer to a cutting board and let rest for 3 to 5 minutes.

Cut steak in half lengthwise and then cut each half across the grain into thin slices; divide evenly among serving plates. Pour any juices remaining on the cutting board over the steak, and pile the arugula on top.

Drizzle each serving of arugula with oil and the balsamic reduction, season with salt and pepper and top with the cheese.

Recipe source: Weber's On The Grill: Steak & Sides by Jamie Purviance.

Sirloin Cheeseburgers

MAKES 6 SERVINGS
WINE MATCH: CHIANTI CLASSICO

Father's Day is this Sunday

INGREDIENTS:
- 500 g (1 lb) lean ground beef sirloin
- 1 egg
- 1 clove garlic, minced
- 125 ml (1/2 cup) shredded provolone cheese
- 75 ml (1/3 cup) chopped pitted olives
- 50 ml (1/4 cup) each breadcrumbs and minced onion
- 30 ml (2 tbsp) Worcestershire sauce
- 5 ml (1 tsp) dried Italian seasoning

METHOD:

In a bowl, combine beef, egg, garlic, cheese, olives, breadcrumbs, onion, Worcestershire sauce and seasoning.

Divide meat into 6 portions. Form into 2-cm (3/4-inch) thick patties. Make a thumb-print depression in centre of each patty (to prevent rounding while they grill). Make ahead: Refrigerate, covered, for 1 hour or up to 1 day.

Grill over medium heat on preheated oiled grill for 5 to 7 minutes per side, testing doneness with a digital instant-read thermometer inserted sideways into centre of each patty to ensure patties are cooked to 71 C (160 F).

Recipe source: Beef Information Centre.

THE CANADIAN PRESS

LiquidAssets

Peter Rockwell
metronews.ca/liquidassets

A Scottish gift

British Petroleum will have an easier time cleaning up that oil spill in the Gulf of Mexico than I ever will figuring out a gift to buy my dad for Father's Day. He's "Mr. I Don't Need Anything." I bet even the Criminal Minds team couldn't profile their way to the perfect present to give him.

Knowing the obstacles, I usually pick him up a bottle that will broaden his liquid horizons while giving me something to fill my glass with when I visit. The best fallback position is scotch: A spirit that offers as much variety in flavour as wine and, like all hard liquor, will last indefinitely.

Dad's a fan of the Scottish islands so a whisky like **Highland Park 12 Year Old** ($59.95 - $62.95) — a smoky, muscularly malty whisky from northern Orkney — would be right up his ally. I prefer an iodine-infused malt from Islay so maybe I'll go with the **Laphroaig Quarter Cask** ($59.95 - $77.49) — a blend of Laphroigs of various ages — this Sunday. Maybe.

celebrate dad

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The end of Harry Potter

Daniel Radcliffe wore his Harry Potter attire for the last time this week as shooting wrapped on the final instalment of the series. "Everyone was really devastated. It was really, really sad," Radcliffe said Sunday. "We're crying quite a lot." THE ASSOCIATED PRESS

Entertainment

The survivor

Paula Abdul is optimistic that American Idol will survive after the departure of Simon Cowell. "I don't see an end to Idol, I see that there will be many changes," said Abdul. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

New music invasion

Bands from around the world take over North By Northeast

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

This weekend more than 650 bands from around the globe will descend on Toronto for the 16th annual North By Northeast music and film festival. While plenty of big name acts are on the bill — Iggy Pop and the Stooges and Eagles of Death Metal to name two — it's the lesser-known Canadian acts who stand to benefit the most from the music hungry crowds. With that in mind, here are five acts from across the country likely to make some noise.

Kate Rogers Band: Choosing one Ontario group to see is almost impossible, but my pick goes to the Kate Rogers Band, an incredibly infectious Toronto-based rock act. There's a good chance you haven't heard of Rogers — she moved to the Big Smoke after spending eight years in the U.K. — but that should soon change. Her music blends folk, country, Brit-pop and rock, and while the tunes are memorable, it's her rich voice that really stands out.

Vancouver garage rock act Japandroids oozes unbridled energy.

Hollerado: Montreal's Hollerado has had a career a lot of young bands dream of — critical acclaim, a gig opening for Jack White and a battle of the bands win that netted $250,000. Listen to debut, Record in a Bag, and you'll quickly see why they're doing so well. The foursome plays straight-up rock 'n' roll — their music is loud, brash and filled with hooks. Think Supergrass-meets-Thrush Hermit-meets-Weezer.

Japandroids: Vancouver's Japandroids don't need my vote — they've already played to packed crowds at Bonnaroo, Hillside and South by Southwest — but I'll give it to them anyway. This garage rock duo oozes unbridled energy. Their ear-splitting, fuzzed-out guitars and heavy drums are straight out of the early '90s. But this isn't a nostalgic look back — the twosome's frenetic pace and off kilter harmonies sound fresh.

Old Man Luedecke: Everyone loves a banjo, right? Well, at least I do, which is why I'm recommending one of Canada's best finger picking songwriters, Chester, N.S.'s Chris Luedecke. The Juno winner has been around for a while — his first album was released in 2003 — but his bluegrass, alt-country combo is only getting better.

Women: Women are not an easy band to define, so you'll have to go see this Calgary foursome yourself. But the group — who've backed Chad VanGaalen — play a twisted brand of indie rock, spewing out weird noises, Beach Boys-like harmonies, bizarre breakdowns and strange atmospheric noises while putting something together that's astoundingly pleasant to listen to.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

Tell us what you are recording today:

PVRTweets

@Gimzatron Blue Jays baseball, NBA Finals Game #6, Glengarry Glen Ross and The Terminator
@planet_kara SpongeBob SquarePants, Two and a Half Men and Big Bang Theory
@FerCarneiro World Cup Soccer
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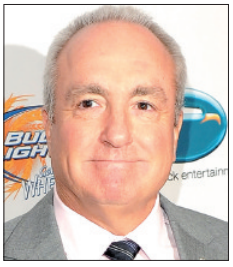
Lorne Michaels honoured with International Emmy

PEOPLE The Canadian creator of Saturday Night Live is being honoured with an International Emmy Award.

Lorne Michaels will receive the International Emmy Directorate Award at the 38th annual International Emmy Awards gala on Nov. 22 in New York City.

The organizers of the award say they're honouring Michaels for founding SNL, which "reinvented comedy on television and launched a generation of major film and TV stars."



Lorne Michaels

Michaels is also executive producer of 30 Rock and Late Night with Jimmy Fallon. THE CANADIAN PRESS

Quebec director nabs top prize at Aussie film fest

Emerging Quebec director Xavier Dolan has been awarded another honour: this time it's the 2010 Sydney Film Prize. His film Heartbeats won top prize at the Sydney Film Festival for its "witty and insightful script and strikingly playful use of cinematic language." METRO NEWS SERVICES

A Spektor of success

'Anti-folk' chanteuse revels in her creativity

Relaxing backstage at the Bonnaroo Music & Arts Festival, Regina Spektor is startled when a cold glass of carrot juice is suddenly placed before her.

"This is nice," she exclaims. "This is a nice life."

For the last year, Spektor has been touring her fifth album, Far, which followed her 2006 breakthrough, Begin to Hope. That album sold more than a million copies worldwide, and Far debuted at number three on the Billboard charts.

The 30-year-old, classically trained pianist, whose family emigrated from Russia to New York when she was 9 years old, recently performed at the White House for Jewish Heritage Month — an experience she's still glowing about.

She's also writing the music for a musical inspired by Sleeping Beauty planned for the 2011-2012 Broadway season. It could be a fitting pairing for Spektor, who, since emerging from New York's "anti-folk" singer-songwriter scene, has shown a penchant for songcraft, particularly songs with fully fleshed characters.

Q Has this tour been different from previous tours for you?

A This has been my funnest year of touring ever. Nothing to do with people — the people who come to my shows have always been amazing. It's not, "People finally got nice!" It's more that I've kind of learned how to have enough energy and stamina to do it. ... You stop being super scared. I used to be like, "Oh, my god, I'll lose my voice!" Then you get to a point where you're like, "If I lose my voice, then I'll play these songs and I won't play these songs that I won't be able to hit."

Q How do you think living in New York City has affected your music?

A If you're interested in characters and stories and people's lives and communication and connections and how people interact with themselves and each other and the world — it's the ultimate place to be. Granted, you're missing out on other things, like sky and peace and quietude — things that maybe allow you to be more in touch with yourself. But if you're really interested in being an observer, it's the ultimate place to be.

Q You write songs about characters almost exclusively.

A I've always really loved fairy tales and stories. They were always read to me and told to me. I get stuck on story, basically — the combination of plot and emotional details. It's all very personal in the way that you get to experience them through yourself. It's filtering and processing through your mind, through your chemistry, through your everything. ... I like that. I like that idea that it doesn't feel completely like (in deep voice) I BUILT THIS THING. It's a combination, but it's also not completely cold and cerebral.

MARK HUMPHREY/AP PHOTO

Regina Spektor performing at the Bonnaroo Music & Arts Festival this past weekend in Tennessee.

Q How is the new musical (Sleeping Beauty) coming along?

A It's a lot of work. I have a lot to write. Who knew that writing musicals is not that easy?

Q Do you see yourself continuing in theatre after this?

A I haven't gone through the entire process. From what I understand, it can be really brutal. THE ASSOCIATED PRESS

Don't replace Simon warns former Idol producer

American Idol shouldn't try to replace Simon Cowell now that the sharp-tongued judge has left to helm a new reality series, says former Idol producer and So You Think You Can Dance judge Nigel Lythgoe. THE ASSOCIATED PRESS

CRAIG LASSIG/THE ASSOCIATED PRESS

Sci-fi writer Neil Gaiman is filing another lawsuit against Todd McFarlane over comic book characters he claims he invented.

Spawning new lawsuits

COMICS The fate of the world doesn't hang in the balance, but a lot of money probably does.

Science-fiction writer Neil Gaiman and former Spider-Man artist Todd McFarlane's attorneys have been sparring for years over Gaiman's claims to a handful of characters created for McFarlane's classic Spawn series, which features a murdered CIA agent who becomes a demon.

Now Gaiman insists McFarlane owes him for three more characters — a demon named Dark Ages Spawn and two avenging angels in thong bikinis. A federal judge in Madison has scheduled a Monday hearing to listen to both sides' arguments.

The long-running case underscores the tension among comic artists as they vie for rights to even minor characters in an industry that has grown more lucrative over the past 20 years through movies, graphic novels and international distribution.

THE ASSOCIATED PRESS

Sales

- Comic book sales totalled about $429 million last year.
- The Dark Knight has grossed over $1 billion worldwide since it was released in 2008

Forget the VJ, MTV to hire TJ

Twitter jockey to network, help influence on air television

MTV officials say the search is on for a new social media maven who will engage with the MTV audience and serve as a liaison between viewers and network honchos.

MTV general manager Stephen Friedman called the TJ position "a natural evolution of how we connect with our audience."

The network has identified 18 potential candidates and is asking its audience to find two more. The 20 hopefuls will compete in a series of online challenges this summer designed to reveal their personalities and demonstrate how they connect with Twitter followers.

Five finalists will ultimately compete on a live show Aug. 8, when fans will pick who gets the new job.

"The hope is that this person will be dynamic, engaging and energized, an enthusiast within the social media world," said Dave Sirulnik, the executive overseeing the contest. "Somebody who will represent the audience by taking their thoughts and questions and ... through an ongoing dialogue with them, be able to bring those questions inside the walls here to the people who make MTV."

The new Twitter Jockey will report on MTV events, such as the Video Music Awards in September, and appear on-air periodically.

"While they won't be on TV the way VJs were," Sirulnik said, "they will always be on."

Insight MTV executives gain through the new online representative's interaction with fans could influence programming and network decisions, Friedman said.

"Twitter and Facebook enable us to make smarter decisions," he said. "This will benefit us hopefully as much as it benefits the audience."

THE ASSOCIATED PRESS

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

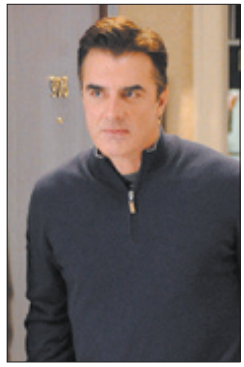
Remember the MTV VJ? That's so two decades ago. Now the network is looking to hire its first TJ, or Twitter Jockey

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/15/10	251	308	3 CBC	Laughs	World Cup Soccer Match of the Day. (CC)					CBC News: The National		Soccer
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		Omni News: Punjabi Edition		Law & Order: Criminal Intent		News
	250	321	9 CTV	etalk (CC)	Access H.	The Mentalist (CC)		CSI: Crime Scene Invstgtn.		Criminal Minds (CC)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma (CC)		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Ignition" (CC)		NCIS: Los Angeles (CC)		The Good Wife "Fixed" (CC)		News
	256	389	12 VI	Canada's Worst Driver (CC)		Raising the Bar (CC)		Movie (CC)				A News (N)
	253	359	13 CITY	Hell's Kitchen Feeding hungry college students. (N) (PA) (CC)				America's Got Talent (N)		Survivorman (CC) (DVS)		EP Daily
	-	-	14 CW	The Office	The Office	One Tree Hill (CC)		Life Unexpected (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Ignition" (CC)		NCIS: Los Angeles (CC)		The Good Wife "Fixed" (CC)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	America's Got Talent (CC)		America's Got Talent (N)		Losing It With Jillian "May"		KING 5 News
	602	568	19 W	Kim	How Clean	Style by Jury	Beauty Call	Beauty Call	Style by Jury	To Have and to Hold (2006) Justine Bateman.		
	288	380	21 ABC	NBA Basketball: Finals, Game 6			Jimmy Kimmel	Wheel-Fortune	Jeopardy! (N)	Fisher Communications		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	M*A*S*H	Sky High ★★ (2005) Michael Angarano, Kurt Russell.				Seinfeld	King	Cold Case
	291	383	27 PBS	Rick Steves' Mediterranean Mosaic (CC)				Magic Moments: The Best of 50's Pop (CC)				Joel Harper
	290	382	28 FOX	Two/Half Men	Two/Half Men	Hell's Kitchen Feeding hungry college students. (N) (PA) (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	An Evening With Il Divo		When Irish Eyes Are Smiling: Irish			Tackling Diabetes With Dr. Neal Barnard			Change, Brain
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Paid Program	Street Court	Cold Case
	298	653	35 TLA	Two/Half Men	Two/Half Men	One Tree Hill (CC)		Life Unexpected (CC)		KTLA 5 News at 10 Ohlman.		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	29 NW	CBC News: the fifth estate		CBC News: The National		CBC News: The National		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (N) (CC)				Larry King Live		Anderson Cooper 360		Cooper 360
sports	407	419	22 RSP	MLB Baseball Toronto Blue Jays at San Diego Padres. From PETCO Park in San Diego. (Live)						Sportsnet Connected		Sportsnet
	400	400	30 TSN	NBA Basketball: Finals, Game 6 -- Celtics at Lakers				SportsCentre	NASCAR Racing		Motoring 2010	SportsCentre
	411	457	49 OLN	UFO Hunters "Code Red"		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		UFO Hunters
	410	403	54 SCR	FIFA World Cup Tonight		Score Now		Score Now		FIFA World Cup Tonight		Cup Tonight
	417	406	55 SC	Race in 60 (N)		Monster Jam		Bullrun		Race in 60		NASCAR
	416	409	144 GLF	(6:00) Soccer		La Liga 360		Gol TV News	Hallo	Paid Program	Toronto FC Game In and Hour	
family	552	543	25 YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	555	545	60 TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	61 FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Aaron Stone	That's-Raven
	553	546	65 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		No. 57: History-House		The Take (CC)			Recreat. Eden	Pornographer
	575	583	20 CMT	Home Imp.	Home Imp.	Meet-Wilsons	Meet-Wilsons	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	Degrassi: TNG	Degrassi: TNG	UR11		Pretty Little Liars		Styl'd "Playing Favorites"		MuchMeg
	600	564	26 H&G	House	House	Holmes on Homes (CC)		Sarah's House	Genevieve	Design School (CC)		House
	615	520	31 A&E	The First 48 "Last Wish"		The First 48 (CC)		(:01) The First 48 (CC)		(:01) The First 48 (CC)		The First 48
	628	584	32 SPKE	Deadliest Warrior (N)		Blue Mountain	Blue Mountain	Real Vice	Real Vice	CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	34 TLC	Little Couple	Little Couple	Cake Boss	Cake Boss	Happy Family	Happy Family	Little Couple	Little Couple	Food Buddha
	616	522	39 SHO	The Guard "Just Say No"		Premonition (2004, Suspense) Casper Van Dien. (CC)				Californication	Diary-Call Girl	Diary-Call Girl
	620	523	40 BVO	Spectacle: Elvis		Law & Order "Merger" (CC)		Without a Trace "Tail Spin"		Glengarry Glen Ross ★★★ (1992) Al Pacino.		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Housewives/OC		Housewives/NYC		Projct Runway
	520	505	42 DIS	Deadliest Catch "Glory Days"		Daily Planet (CC)		Destroyed	Destroyed	Deadliest Catch "Glory Days"		How It's Made
	522	506	44 HIS	Ancient Weather (CC)		Cities of the Underworld		Pawn Stars	Pawn Stars	MysteryQuest (N) (CC)		Weather
	627	528	45 SPC	Defying Gravity "Threshold"		Stargate SG-1 (CC) (DVS)		Doctor Who (CC)		The Listener (CC) (DVS)		Defy-Gravity
	294	650	47 TBS	The Office	The Office	Lopez Tonight		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Colin & Justin's Home Heist		Wife Swap (CC)		Wife Swap (CC)		Restaurant Makeover		Last 10
	603	561	52 FN	Chefs vs. City (CC)		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Dinner	Dinner	Chefs vs. City
	-	-	53 AMC	(5:00) Outbreak ★★ (1995)		Rubicon: Sneak Preview		The Terminator ★★★ (1984) Arnold Schwarzenegger, Linda Hamilton. (CC)				
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Awesome	Daily Show
	320	621	60 CEN	(6:20) Shred (2008) (CC)		The Baby Formula (2008) Angela Vint. (CC)		Watchmen ★★ (2009) Billy Crudup, Malin Akerman. (CC)				
	581	566	101 MTV	The Hills	After	MTV Live	Sex News	1 girl 5 gays	The City	The Hills	After	MTV Live
	261	394	102 V	ideaCity	Driven, Vision	Doc "My Boyfriend's Back"		Wrestling Ernest Hemingway ★★★ (1993, Drama) Robert Duvall. (CC)				
	-	-	105 MUL	Wang Gui	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

The Good Wife

As her husband's (Chris Noth) legal team continues to work on his appeal, Alicia (Julianna Margulies) discovers evidence of possible jury tampering in her firm's class-action suit against a pharmaceutical company. Chris Bauer, Mary Catherine Garrison, Joe Morton and Chip Zien guest star in "Fixed." 10 PM on CBS, GTV



The Baby Formula

Like many pregnancies, this 2008 mockumentary is the result of a happy accident. Stunt-woman-turned-director Alison Reid had just made a short film about a lesbian couple trying to conceive when she discovered both her lead actresses were expecting. And thus was born — pun intended — this story, in which the women become pregnant not by male sperm but by each other, using "female sperm" created from stem cells. Angela Vint and Megan Fahlenbock star. 8 PM on CEN

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Film sound pioneer honoured with Weaver's help

Sigourney Weaver has helped Aubrun, N.Y., honour the man who brought sound to motion pictures. The Avatar actress was present at a ceremony which feted Auburn native Theodore Case, who pioneered a method to put sound on film in 1916. THE ASSOCIATED PRESS

A Fox among the fans

Jonah Hex star not afraid to take on comic-book roles

NED EHRBAR
Metro World News

Megan Fox obviously knows a thing or two about fame and the media spotlight, with her every move and utterance chronicled since her breakout role in Transformers three years ago. And she knows that not everyone can handle it.

"People who make it to this level of fame for whatever reason — whether it's deserved or not — you have to be a strong person to survive it, because it is very difficult to be under the microscope every moment of every day," she says.

"Everything that leaves your mouth becomes this sensationalized news story no matter what your intentions were when you first said it, so it becomes overwhelming."

What keeps it from overwhelming her, she explains, is the people closest to her. "I've maintained the same relationships that I've had before this happened to me," she says.

It's those relationships — and a surprisingly homebound nature — that keep her from following down the path of someone like Lindsay Lohan.

"I sort of distanced myself from the Hollywood crowd. I don't really go out and socialize that way. Oddly, you wouldn't think it, but I'm very domestic. I think that keeps me sane. My personal relationships have kept me grounded."

Megan Fox and Josh Brolin get stuck in Jonah Hex.

Jonah Hex opens Friday

After two Transformers films, Fox infamously parted ways with director Michael Bay's franchise. But that doesn't mean she's through with big-budget action movies.

"I like working on action films, and I like working on movies that are comic book-based or that have this sort of thing, because they're things that I watched or I loved when I was a kid," she says.

And it's that affinity that brought her to her latest film, Jonah Hex, based on the comic book about a scarred cowboy bounty hunter (played in the film by Josh Brolin).

The film posed some technical difficulties for Fox, though.

"It was really difficult for me to shoot the old-style gunslinger guns because I have tiny little baby hands," she says. But one thing she didn't mind was her costume, featuring an impossibly tight corset — or not so impossibly, to hear Fox tell it.

"It was really difficult for me to shoot the old-style gunslinger guns because I have tiny little baby hands."
Megan Fox

"I loved the corset," she insists. "Everyone thought I was in pain or I was hurting, that something was wrong with me because my waist was so small. But I enjoyed it. I wish that they would come back into style."

Working on a comic book adaptation, Fox knew there would be a risk of upsetting the core Jonah Hex fans. But she refused to worry about it.

"I love them, but it's impossible to please the hardcore comic book fans, because they'll never be happy no matter what you do," she says.

And Fox has a surprising insight into the fans' mindset: "Because I'm a Lord of the Rings fan, I'll go on the forums, and they complain that, like, Frodo is eating the lembas bread outside of Mordor instead of the Mines of Moria, and they get really mad," she says.

"And Peter Jackson and company won, like, 30-something Oscars for that. So you can't focus completely on pleasing them, because you'll never win."

DVD picks

The Book of Eli

Director: Albert Hughes

EIGHTEEN MONTHS ago, The Book of Eli might have been viewed as scorched satire on the swapping of White House occupants, from Bush to Obama.

Here you have a charismatic and literate African-American (Denzel Washington) roaming a post-Apocalypse United States, promising hope and change in a land ruled by thugs and stuttering morons.

But the picture is a lost opportunity, perhaps mirroring reality in that regard. This Book doesn't teach, inspire or amuse; instead it mysteriously flops open at that well-thumbed page favoured by hack filmmakers, the one that reads simply, "Smash, hack and torch." It's The Road Warrior meets The Road, and a lot of brain cells burn along with the rubber.

Extras include a 40-minute picture-in-picture commentary by Washington and the Hughes Brothers, plus additional scenes and backgrounder featurettes.

Youth In Revolt

Director: Miguel Arteta

MICHAEL CERA desperately needs a guy like Francois Dillinger. He's the evil twin of Cera's nerdy Nick Twisp in Youth In Revolt, a coming-of-age comedy that may help convince casting directors that Cera can play more than just dweebs.

Cera gets the good foot on the bad thing with Francois Dillinger, a pencil-moustached sociopath doppelgänger whom Nick summons straight from the id. It's the only way he stands a chance with Sheeni Saunders (Portia Doubleday), a girl he meets at a trailer park who shares his pop-cult interests.

Enter Dillinger, who is equal parts French New Wave hipster and Public Enemy No. 1. Whenever Nick seems about to waver in his obsessive drive to bed Sheeni, Dillinger magically appears to harangue, heckle and vandalize in the name of lust.

PETER HOWELL/FOR METRO CANADA

It's a Hollywood show at the Tonys

If you weren't watching the Tonys too carefully, you would have thought they had turned into the Oscars.

Sunday's show was a night for celebrities and for the meaning of celebrity, when Academy Award winners Denzel Washington and Catherine Zeta-Jones took home their first Tonys, and when the most honoured play, Red, was itself a meditation on art and commerce.

Other familiar faces included Will Smith and Michael Douglas, Helen Mirren and Daniel Radcliffe, and Glee stars Matthew Morrison and Lea Michele.

Red, which won the Tony for best play and five other honours, loomed as the dark, unanswered conscience at the bright lights ceremony, an anguished two-man drama about painter Mark Rothko and his devilish dilemma over whether to accept a rich commission for the fancy Four Seasons restaurant.

THE ASSOCIATED PRESS

Catherine Zeta-Jones picked a Tony Award for her role in A Little Night Music.

Zeta-Jones was a show herself, winning for best actress in a musical as the amorous actress in the revival of Stephen Sondheim's A Little Night Music and earlier crooning the Sondheim standard Send in the Clowns.

Two other Hollywood stars Washington and Scarlett Johansson, were first-time nominees and winners.

``Every since I was a little girl I wanted to be on Broadway and here I am,'' said Johansson, the voluptuous Hollywood star best known for such films as Matchpoint and Lost in Translation.

THE ASSOCIATED PRESS

Battle over Coleman's estate continues

Gary Coleman's friend and former manager will give up the fight to be appointed the special administrator of his estate, his attorney said yesterday. Dion Mial says he will no longer seek to be special administrator of Coleman's estate because a more recent will has surfaced. THE ASSOCIATED PRESS

Celebrity Buzz

Follow these celebrities on Twitter...

CelebTweets

RUSSELL CROWE is tweeting from the grave, **AMANDA BYNES** is looking to clean house, **JUSTIN BIEBER** is a fan of manners, and **JESSICA SIMPSON** actually retained some information.

@russellcrowe Unable to answer tweets fell off a mountain in Austria, all over red rover. Don't know how i got there, but the media are never wrong. G'Bye.

@chicky Quick question, how can I unfollow everybody I follow on Twitter without everybody freaking out on me?

@justinbieber I love please and thank yous.

@JessicaSimpson Random fact: the jalapeno was the first pepper taken to space.

METRO NEWS SERVICES

Wanted: Assistant with flexible moral standards

MUST BE GOOD WITH ADULTS WHO ACT LIKE SPOILED CHILDREN, HAVE AN INFINITE RESERVE OF CREATIVE EXCUSES, AND DOES NOT MIND TAKING THE RAP FOR ILLEGAL DRUG OR ALCOHOL-RELATED ACTIVITY. PRISON TIME MAY BE REQUIRED Lindsay Lohan's assistant recently quit, and the actress' pals are worried she may have lost her lifeline, according to TMZ. Sources tell the website that Lohan is having difficulty finding anyone reliable to hire as a new assistant, and without one they worry she won't be able to keep the appointments that could keep her out of jail. Lohan even relied on her assistant to drive her to appointments and court-appointed alcohol education courses, as the actress is prohibited from driving.

METRO WORLD NEWS

Jackson dad blames wife for MJ's death

DENIAL. NOT A RIVER IN EGYPT. POSSIBLY A JACKSON FAMILY PATRIARCH As the anniversary of Michael Jackson's death approaches, Joe Jackson is busy blaming Katherine Jackson for their son's passing, recounting an argument they had last June to News of the World. Joe tells the newspaper he was concerned that Michael was "looking kind of funny and and frail" and asked Katherine to check in on him. "But she didn't want to do that because she was afraid she was invading his privacy," Joe says. After Michael passed away, Joe says he told Katherine, "This would have never happened if you had went and been with him."

METRO WORLD NEWS

Kylie opts for facial mobility

SEE? RICH, BEAUTIFUL STARS HAVE TO OVERCOME EXTREME HARDSHIPS, TOO Kylie Minogue is coming to terms with growing older and has ditched her Botox habit. "I stopped using it a while ago," she tells Hello magazine. "I have lines on my face now, and that's OK." She also insists she'll never get plastic surgery. "You're not yourself if you do that," the Australian singer says.

METRO WORLD NEWS

More secrets and lies from the Monjack files?

YOU KNOW HOW YOU KNOW SOMEONE'S REALLY CREEPY? READ THE FOLLOWING: Brittany Murphy's husband, Simon Monjack, allegedly had a secret he took to his grave: children. Monjack's mother and brother reportedly discovered e-mails on his laptop from two different women claiming to have had children by him, according to TMZ. The computer also reportedly had records of multiple wire transfers, some for as much as $48,000 at one time.

METRO WORLD NEWS

Franco hits up pride parade

FOLLWED BY A SERIES OF COMPLETELY UNINTELLIGIBLE STATEMENTS. TEN BUCKS IF YOU CAN FIGURE OUT WHAT ON EARTH HE JUST SAID James Franco turned heads over the weekend when he showed up at Los Angeles' Gay Pride celebrations, but it was all in the name of art. Franco was there with drag performer Kalup Linzy to make a short film about Linzy for Franco's return to the soap opera General Hospital later this year. "I thought it'd be interesting if I took a real artist that was inspired by soaps," Franco tells World of Wonder. "And then [he's] in a real soap opera doing their own version of contemporary art."

Franco has been plagued by rumours concerning his sexuality, but has shrugged them off in the past. The award-winning actor surprised fans and industry players alike when he announced last year that he was going to be taking a recurring role on daytime soap opera General Hospital.

METRO WORLD NEWS

'Suspicious' Montag hires private eye

AND THEN GETS COMPLETELY TRIPPED UP BY THE WORLD 'PRIVATE'. LIKE, WE'RE TALKING NOT EVEN ABLE TO GRASP THE CONCEPT With their marriage officially on the rocks, Heidi Montag and Spencer Pratt are now accusing each other of infidelity, with Montag even going so far as to hire a private investigator, according to Radar Online. "She is very anxious to find out if her suspicions and the rumors are true, especially if he's spent any money on another woman," a source says. "Heidi has hired a former member of the sheriff's department, who now works as a private investigator, to look into it. It is really important to Heidi to find out if Spencer has been cheating on her."

The former Hills stars are known for their elaborate publicity stunts, and critics are saying this is simply another bid by Montag and Pratt to draw attention to themselves.

METRO WORLD NEWS

Seacrest stalker gets two years

IT WAS REALLY ONLY SIX MONTHS, BUT HE GOT AN EXTRA YEAR AND A HALF FOR HIS DUBIOUS CHOICE OF CELEBRITY A judge in Los Angeles has sentenced a man charged with stalking Ryan Seacrest to two years in prison.

Chidi Benjamin Uzomah Jr. received the maximum sentence yesterday after previously pleading no contest to stalking the host of American Idol.

The 26-year-old Uzomah has been jailed since his arrest in October at the E! Entertainment Television studios, where he tried to reach Seacrest.

Court filings say he was carrying a knife.

Superior Court Judge John S. Fisher rejected a defence request to sentence Uzomah to probation.

THE ASSOCIATED PRESS

But Elton John's is free to go

SPEAKING OF CRAZY ... Charges have been dropped just before the trial of a man accused of threatening Elton John on the Internet and outside the singer's Atlanta condominium.

The case against Neal Horsley was dismissed by Fulton County Superior Court Judge Kimberly Esmond Adams before a trial was due to start yesterday.

Horsley was apparently angered when John told an interviewer that he believed Jesus was gay. The judge said Horsley's actions didn't warrant criminal charges.

The 65-year-old Horsley had been charged with making terroristic threats, criminal defamation and using the Internet to disseminate threats.

Prosecutors say Horsley posted threats against John online and that he picketed outside John's Atlanta property with a sign that said "Why Elton John Must Die."

THE ASSOCIATED PRESS

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Wednesday Sunny 19° / 12°
Thursday Showers 15° / 12°
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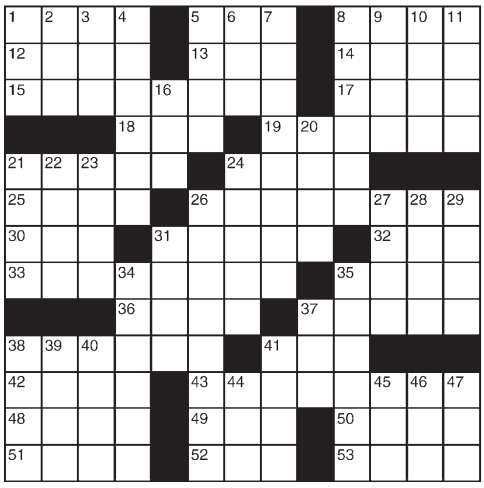
Take Five



ACROSS

1 Snatch
5 Vacationing
8 Lion's pride?
12 Its three largest cities all start with C
13 Prohibit
14 Culture medium
15 "Candide" author
17 A huge amount
18 Sound of disapproval
19 Chewy candy
21 Stem
24 Despot
25 Give as an example
26 Egyptian capitalists?
30 Fuss
31 Challenges
32 Mischievous tyke
33 Good as new
35 Use a teaspoon
36 Profits
37 Lascivious
38 Scabbard
41 Can material
42 Ringlet
43 Terrier type
48 Jason's ship
49 Wildebeest
50 Winged
51 Online journal
52 — out a living
53 React with boredom

DOWN

1 State leader (Abbr.)
2 Pi follower
3 Have a bug
4 Carafe, e.g.
5 Last write-up
6 Distant
7 Overly excited
8 Ripen
9 Enthusiastic
10 "Peter Pan" pooch
11 Formerly, formerly
16 Arctic diving bird
20 Galley array
21 Cicatrix
22 Ocean motion
23 At the summit of
24 Gives a darn
26 Punic Wars city
27 Little lice
28 Send forth
29 Agile
31 Regimen
34 Having hands, as a timepiece
35 Half the weekend
37 Whopper
38 Wound cover
39 Pitch hard
40 Therefore
41 Verifiable
44 Squid squirt
45 — carte
46 Legislation
47 Sea eagle

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

				8		5		
1	4						2	
	3	5	4			6		
		6	9			2	8	
			5		1			
	9	7			8	3		
		3			6	7	9	
	5						6	8
		8		5				

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

4	1	7	9	6	5	2	8	3
8	6	2	3	1	4	9	7	5
3	5	9	7	2	8	6	1	4
5	9	4	8	7	1	3	2	6
2	7	3	6	5	9	1	4	8
1	8	6	2	4	3	7	5	9
6	3	5	1	8	7	4	9	2
9	4	1	5	3	2	8	6	7
7	2	8	4	9	6	5	3	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Corn Chowder with Ham

INGREDIENTS:

2 cups frozen corn
1 3/4 cups low-sodium chicken broth
1 yellow onion, chopped
1 medium-size potato or parsnip, peeled and cubed
1 cup chopped sweet green, red, and yellow pepper
1 tsp dried marjoram leaves
1/4 tsp each salt and black pepper
1/2 cup 1% milk
3 tbsp all-purpose flour
1 cup bite-size pieces cooked low-sodium ham

METHOD:

1. Cut kernels off fresh corn; measure 2 cups corn. In large pot, combine corn, broth, onion, potato, green pepper, marjoram, salt and white pepper. Bring to boil. Lower heat and simmer, covered, 10 minutes or until potato is almost tender, stirring occasionally.

2. In small bowl, whisk milk and flour. Stir into corn mixture. Cook, stirring constantly, 2 minutes or until thickened and bubbly. Stir in ham. Cook 2 minutes more or until heated through.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
Some habits are easy to break but others are exceedingly difficult to change and one such habit will cause you a certain amount of grief today.

TAURUS
APRIL 21-MAY 21
If you force yourself to do something you don't think you'll enjoy today you may be surprised to discover that it's not so bad after all.

GEMINI
MAY 22-JUNE 21
You may find yourself under pressure from colleagues and friends to do things that seem wrong or immoral. Always be true to yourself.

CANCER
JUNE 22-JULY 22
Actions always speak louder than words, so do what has to be done today and don't worry that others might not understand your reasons.

LEO
JULY 23-AUG 23
Don't let money worries limit your horizons. You may think you cannot afford to go out and have fun but you can if you use your imagination.

VIRGO
AUG 24-SEPT 22
Everything seems to be falling into place at the moment, but there is a danger you could spoil things by focusing on minor failures.

LIBRA
SEPT 23-OCT 23
Something that was easy yesterday will for some strange reason be difficult today, but you must not use that as an excuse to give up on it.

SCORPIO
OCT 24-NOV 22
You may find it hard to get along with certain people but you should make the effort nonetheless. Today few things will faze you.

SAGITTARIUS
NOV 23-DEC 21
It may not be easy turning down a proposal of some kind but if your instincts tell you to steer clear it would be foolish not to take note.

CAPRICORN
DEC 22-JAN 20
Is it possible to have too much of a good thing? Maybe, but you're not about to let that bother you, not when everything is going so well that life is a breeze.

AQUARIUS
JAN 21-FEB 18
You may be anxious about a money matter or work issue that is outside your control. Focus your attention on other more enjoyable things.

PISCES
FEB 19-MARCH 20
It may seem as if someone is deliberately ignoring you but appearances can be deceptive. Most likely they are so caught up in their own worries.

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